

FRIDAY 130215 (2) BENCH PRESS 3 RM

“The way of the slothful [man is] as an hedge of thorns: but the way of the righteous [is] made plain.”

KJV

Proverbs 15:18

Base: ROM/30 Each-Ring Push Ups; Box Jumps @ 24”/20”; Barbell Bent Row @ 135/95 (10 Minute Cap)

Skill: Plank Variations
See Video

Strength: 10-8-6-4-3-3-3-3 (40)
3 Rep Max Bench Press

Add weight to complete a 3 RM

MetCon: 3 Rounds for Time of-
8-10 Reps Incline Bench Press @ 60-70% BP 3 RM
20 Kettlebell Swings @ 2/1.5 Pood
30 Double Under’s or 75 Regular Jumps

Stamina: 400 Meter Farmer’s Carry @ 50

Endurance: “Tabata” Mile Protocol

BOVICE

Base: 15 Each

Skill: Rx

Strength: 3 Rounds of 5

Scale Loads to skill and strength level

MetCon: 50% Rx

Stamina: 100 Meters @ 25

Endurance: 50% Rx

COMPETITOR

Base / Skill as Rx'd

MetCon: Rx: Rest as needed

Stamina: 250 Meters

Endurance: Rx

ELITE

Full as Rx'd

Train hard with purpose:

"And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him."

Col. 3:17