

150624 Wednesday Incline Bench Press

Pro 26:10

The great God that formed all things rewards both the fool, and transgressor.

God is gracious to all and then: JUDGEMENT!

Base: ROM 5 Rounds of
10 Alternating Hands Forward/Back Push Ups
10 Burpee, Box (Side-Over) Jumps
Perform a Burpee to the side of a Box or Cone. Jump over the box or cone laterally and execute another Burpee. Jump back laterally over the box or cone for one rep.

5 Pull Ups
(15)

Skill: Handstand/Handstand Walk 50 Meters
No handstand walk? Work kick ups to the wall or Wall Walks. See @ https://youtu.be/cxIPxr6h_yE
Balance and Coordination.

(5)

Strength: 5 Rounds of 5 Barbell Incline Bench Press
5-5-5-5-5*

*Chaser: 5 'Samson' Push Ups after each Round
Begin with 70-75% of your 1 RMIBP and continue to add weight until form breaks or you complete the component. Stay within a 4-6 rep ratio. Maintain proper form. Scale to skill and strength.

(15)

MetCon: 3 Rounds of 21-15-9
Ring Push Ups
Snatch Grip Bent Row
(12)

Stamina/Endurance: 15 Minute Jump Rope
or Run/Row/Ride 1600 or Swim 500
(15)

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