

150429 Wednesday Incline Bench Press

Pro 24:26

Every man shall kiss his lips that giveth a right answer.

Base: ROM 5 Rounds of
5 Tire Flip and Jump Through
20 Double Unders
(12)

Skill: Handstand/Handstand Walk 50 Meters
(5)

Strength: 5 Rounds of 8 Barbell Incline Bench Press
Begin at 65-70% 1 RMIBP add weight each round.
4-0-1-0 Tempo
(15)

MetCon: 4 Rounds of 5-8 Heavy DB Bench Press
Support DB's both arms fully extended lowering one arm while
the other is kept extended. Follow 4-0-1-0 Tempo Protocols for
each arm. Failure rep range of 5-8 reps
(18)

Stamina: 100 Push Ups

Endurance: 100 Bent Row @ 135 Snatch Grip

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