



**SET #42: BENCH PRESS A BULLDOZER**

**SPICINESS RATING 4.5** 🌶️🌶️🌶️🌶️🌶️

**YARDARGE TOTAL: 2,700**

**WARM UP**

200 Freestyle + 3 x 50 Kick + 200 Pull

550

**MAIN SET:**

4 Rounds of

4 x 25 IM Order by Round Descend 1-4 :45

50 Easy Kick 1:15

150 Pull Build 2:30

2 x 100 Choice 1:45

#1 Fast #2 Easy

2000/2550

**COOL DOWN:**

100 Easy Pull, 50 Easy Kick

150/2700