

WORKOUT DURATION:

INTENSITY:

CARDIO TODAY?

PUSH DAY | CHEST DELTS TRICEPS

* Please ensure to warm up properly before you start your working sets with these weights. The best way to warm up is to take the first exercise on your list for that day and put on a much lighter weight than you would normally use.

* AMAP = As many as possible

No	Exercise	Sets	Reps
01	Barbell Shoulder Press	03	6-8
02	Side Lateral Raises	03	6-8
03	Dumbbell Bench Press	03	6-8
04	Flat Bench Flyes	03	6-8
05	Tricep Pushdowns	03	6-8
OR	Close Grip Bench Press	03	6-8
06	Lying Tricep Extensions	03	6-8

TRAINING, NUTRITION & SUPPLEMENT NOTES:
