

**WORKOUT DURATION:**


**INTENSITY:**

**CARDIO TODAY?**

**CHEST TRICEPS AND ABS**

- \* 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.
- \* Remember, you'll be performing cardio acceleration between each working set of the current exercise and then have a short rest period of around a minute between exercises. When you choose to rest it should be, absolutely, no longer than 1 minute.

\* AMAP = As many as possible

 = Cardio (between each set)

No	Exercise	Sets	Reps
01	<a href="#">Incline Dumbbell Flyes</a>	03	12-15
	<a href="#">Bench Step Ups</a>	01	1min
02	<a href="#">Tricep Pushdowns</a>	03	12-15
	<a href="#">Running In Place</a>	01	1min
03	<a href="#">Barbell Bench Press</a>	03	12-15
	<a href="#">Kettlebell Swings</a>	01	1min
04	<a href="#">Standing Tricep Extensions</a>	04	12-15
	<a href="#">Bench Step Ups</a>	01	1min
05	<a href="#">Cable Crossovers</a>	04	12-15
	<a href="#">Running In Place</a>	01	1min
06	<a href="#">Lying Cable Extensions</a>	03	12-15
	<a href="#">Kettlebell Swings</a>	01	1min
07	<a href="#">Ab Crunches</a>	03	12-15
	<a href="#">Battling Rope</a>	01	1min
08	<a href="#">High-Pulley Cable Side Bends</a>	03	12-15
	<a href="#">Bench Step Ups</a>	01	1min

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

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# LIFT.

Printable Workouts

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LIFT. DATE: \_\_\_\_\_ LIFT.

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