

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	Barbell Bench Press	04	6-8
	Bench Step Ups	01	1min
02	Incline Dumbbell Press	03	6-8
	Running In Place	01	1min
03	Decline Smith Press	03	6-8
	Kettlebell Swings	01	1min
04	Dips	04	6-8
	Bench Step Ups	01	1min
05	Close Grip Barbell Bench Press	04	6-8
	Running In Place	01	1min
06	Cable Crunches	03	6-8
	Kettlebell Swings	01	1min

TRAINING, NUTRITION & SUPPLEMENT NOTES:

LIFT.

Printable Workouts

LIFT.

LIFT. DATE: _____

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