

## **WEEK 1**

### **PUSH DAY**

#### **Chest**

Bench Press: 3 x 8 – 12

\*Warmup set w/ just the bar before the 3 rounds\*

Chest Flies (Machine): 3 x 6 – 10

#### **Shoulders**

DB Shoulder Press: 4 x 6 – 8

DB Shoulder Shugs: 3 x 6 – 10

#### **Triceps**

Standing DB SkullCrushers: 3 x 6 – 8

- Elbows should not move outward; keep them closer to your head

Tricep Cable Extensions: 3 x 10 – 15

- Elbows should be locked onto sides of body

#### **Abs**

Russian Twists: 3 x 16 – 20

- Adding weight is optional