



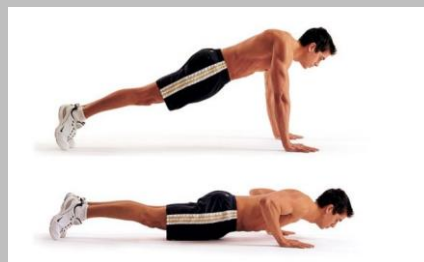
UPPER BODY WORKOUT PLAN :

Chest focused :

- Decline Pushups: 3 sets of 10-15 and one set until failure



- Pushups: 3 sets of 10-15 and one set until failure



- Diamond push ups: 2 sets of 12-15 and one set until failure



- **Dips: 3 sets of 10-15 and one set until failure**



Back focused :

- **Superman: 5 sets of AMRAP until failure**



- **Bird dog: 5 sets of 20 alternating**



Arm focused :

- **Triceps Dips:** 3 sets of 10-15 and one set until failure.



- **Triceps push up:** 2 sets of 12-15 and one set until failure



- **Handstand Pushups:** 3 sets of 3-6

