



Workout Plan: New Workout Plan

Day: [Day 1](#) (Push)

Exercise: 15-DEGREE INCLINE SMITH MACHINE

[Watch Video](#)

Sets	Reps	Rest	Tempo	RPE/RIR
two	two	five	fed	ee

Exercise: 30-DEGREE INCLINE SMITH MACHINE

[Watch Video](#)

Sets	Reps	Rest	Tempo	RPE/RIR
-	-	-	-	-



Day: Day 2

Exercise: 15-DEGREE INCLINE SMITH MACHINE

[Watch Video](#)

Sets	Reps	Rest	Tempo	RPE/RIR
-	-	-	-	-