

# Advanced / workout

## Day 1 Push / Monday

notes :

start with light weights first then add more weights in the next reps

rest time between sets 1 minutes

rest time between exercises 2 minutes

<a href="https://youtu.be/n1jib68YOy4">https://youtu.be/n1jib68YOy4</a>	5 minutes	warm up
<a href="https://youtu.be/zh9jYIKL5r4">https://youtu.be/zh9jYIKL5r4</a>	1 minute	Stretch
<a href="https://youtu.be/--ioQbt4gUA">https://youtu.be/--ioQbt4gUA</a>	sets 1 reps 15  weight 20 kg	Chest Press Machine Warm up
<a href="https://youtu.be/bhWK88-FDqU">https://youtu.be/bhWK88-FDqU</a>	sets 4 reps 15-12-10-8  weight	Chest Bench Press
<a href="https://youtu.be/Pcg5eoEO_wk">https://youtu.be/Pcg5eoEO_wk</a>	Sets 4 reps 12-10-10-8  weight	Chest Incline Dm press
<a href="https://youtu.be/MOn8fYlv7bk">https://youtu.be/MOn8fYlv7bk</a>	Sets 4 reps 12-10-10-8  weight	Chest Decline chest fly

<a href="https://youtu.be/lZsBOrKAvro">https://youtu.be/lZsBOrKAvro</a>	Sets 4 reps 12 -10-10-8  weight	<b>Shoulder</b>  <b>Seated Lateral Raises</b>
<a href="https://youtu.be/hji2mwGd97k">https://youtu.be/hji2mwGd97k</a>	Sets 3 reps 10-10-10  weight	<b>Shoulder</b>  <b>DM Front Raise</b>
<a href="https://youtu.be/M0YfBYNffd0">https://youtu.be/M0YfBYNffd0</a>	Sets 3 reps 12-10-10  weight	<b>Shoulder</b>  <b>Rear delt fly</b>
<a href="https://youtu.be/TiEhMabuKx0">https://youtu.be/TiEhMabuKx0</a>	Sets 4 reps 15-12-10 - 8  weight	<b>Triceps</b>  <b>Cable Push down</b>
<a href="https://youtu.be/IEWQ6Rmvl6Y">https://youtu.be/IEWQ6Rmvl6Y</a>	Sets 3 reps 10-10-10  weight	<b>Triceps</b>  <b>Dm overhead extension</b>