

# Advanced / workout

## Day 4 Push / Friday

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/G2uwPy79Spc">https://youtu.be/G2uwPy79Spc</a>	sets 1 reps 20	Chest Incline Push ups  Warm up
<a href="https://youtu.be/_XSCKiXXBn8">https://youtu.be/_XSCKiXXBn8</a>	Sets 4 reps 12-10-10-8  weight	Chest Incline Dm press
<a href="https://youtu.be/xrmu63KtF1Q">https://youtu.be/xrmu63KtF1Q</a>	Sets 4 reps 15-12-10-8  weight	Chest Chest fly machine
<a href="https://youtu.be/UXiYGH7yZ1c">https://youtu.be/UXiYGH7yZ1c</a>	Sets 3 reps 10-10-10  weight	Chest Decline chest Press

<a href="https://youtu.be/s081ISz77iw">https://youtu.be/s081ISz77iw</a>	Sets 3 reps 10-10-10  weight	<b>Shoulder</b> <b>Front Shoulder</b> <b>press single arm</b>
<a href="https://youtu.be/pfY-d1CU-Ec">https://youtu.be/pfY-d1CU-Ec</a>	Sets 3 reps 15-12-10  weight	<b>Shoulder</b> <b>Rear delt fly</b> <b>machine</b>
<a href="https://youtu.be/QFVr8CGIF3c">https://youtu.be/QFVr8CGIF3c</a>	Sets 3 reps 15-12-10  weight	<b>Shoulder</b> <b>Shrugs</b>
<a href="https://youtu.be/UaVK0jRBVTY">https://youtu.be/UaVK0jRBVTY</a>	Sets 4 reps 12 -12-10 -8  weight	<b>Triceps</b>  <b>Close grip bench</b>
<a href="https://youtu.be/Pp370qisHSc">https://youtu.be/Pp370qisHSc</a>	Sets 4 reps 12-12-10 -8  weight	<b>Triceps</b> <b>rope push down</b>