

CHEST week 8

Warm Up

Activity	Sets x Reps	Weight	Image / Description
Push-ups	2 x 25		
plank	2 x 45s		

Bench Press

Activity	Sets x Reps	Weight	Image / Description
Warm up	2 x 12		40%
WS 1	2 x 8		60%
WS 2	2 x 5		75%
HS 1	2 x 3		85%

DBs

Activity	Sets x Reps	Weight	Image / Description
DB Chest press	4 x 12		
DB Skull crushers	4 x 8		

Activity	Sets x Reps	Weight	Image / Description
KB single arm press	3 x 8e		Challenge: grab the KB by the handle and balance the weight above your hand. You'll have to go down weight but its great for grip strength
Rev. grip EZ bar press	3 x 12		EZ bars are the weighted barbells by the benches with the wavy grip

Cable Flys

Activity	Sets x Reps	Weight	Image / Description
High	2 x 12		

Mid	2 x 12		
Low	2 x 12		

Triceps

Activity	Sets x Reps	Weight	Image / Description
Tricep pulldown	3 x 20		
Tricep kickback	3 x 20		
Diamond Push ups	3 x 12		