

## Chest/Triceps wk 3

### Warm Up

Activity	Sets x Reps	Weight	Image / Description
Plate Circles	2 x 8	10 or 25	Hold plate on sides and rotate it around head w/ same side facing towards you all the way around
In/Out push-ups	2 x 5 each		
Plank to Down Dog flow	2 x 8		Hold 2s at each position

### Close Grip Incline Bench

Activity	Sets x Reps	Weight	Image / Description
Warm up	2 x 15		
Working Set 1	3 x 10		
Working Set 2	3 x 6		


### CABLE

Activity	Sets x Reps	Weight	Image / Description
Tricep Overhead Ext	4 x 12		Using rope
Tricep Kickbacks 1 arm	4 x 12 each		Bent over, get full extension of elbow

cont.

Activity	Sets x Reps	Weight	Image / Description
High Chest Flys	12-10-8 (3)		
Cable Chest press	12-10-8 (3)		Keep elbows by sides

### Dumbbells

Activity	Sets x Reps	Weight	Image / Description
Single Arm Bench Tricep Extension	3 x 8 each		

Rotating DB Bench Press - LONG REPS	3 x 6		Count 3s up, 2s hold, 3s down
Alt. Chest Flys	3 x 6 each		Hold R weight up while L is moving, then switch

F is for Finisher

Activity	Sets x Reps	Weight	Image / Description
Feet Elevated Push-ups *Mod: diamond push-ups	15x 10x AMRAP	Put a plate on ur back if feeling spicy	