

Push Day wk 1

Warm Up

Activity	Sets x Reps	Weight	Image / Description
Walk-out to push-up	3 x 10		
Bench Press	3 x 12		40%

Bench Press

Activity	Sets x Reps	Weight	Image / Description
Bench Press	5 x 10		60% max
Fingers-out push ups	5 x 10	n/a	

Dumbbells	Sets x Reps	Weight	Image / Description
Close Grip Dumbbell Press	10-10-8-8		
DB Pec Fly's	10-10-8-8		

Cable Machine

Activity	Sets x Reps	Weight	Image / Description
Chest Flys Hi	12-8		
Mid	12-8		
Low	12-8		

Finisher

Activity	Sets x Reps	Weight	Image / Description
Plated Stable Press	2 x 8		Using 35/25, press with hands on flat part of plate
Plated Side press	2 x 8		With plate bring left side to chest, then right, then press