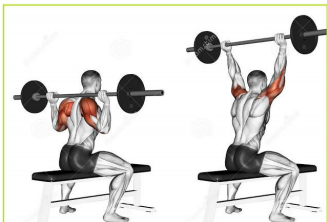


Chest/Shoulders wk 2


Warm Up

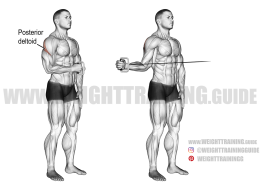

Activity	Sets x Reps	Weight	Image / Description
Down Dog push ups	2 x 12		
Arm Circles	4 x 10		2 sets forward 2 sets backwards
Controlled Push Ups	2 x 12		Take 8-10s per rep, engage core, shoulders, chest

Shoulder Press

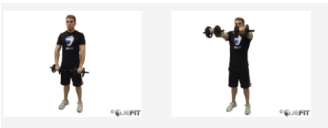
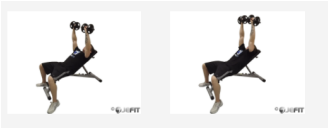
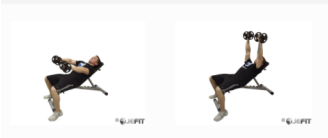
Activity	Sets x Reps	Weight	Image / Description
Bench Shoulder Press	5 x 10		Seated on bench Focus on second half of push & squeeze at top
Push Press	5 x 8	Heavier weight	https://www.youtube.com/watch?v=341InkTpHlc If not sure what push press is watch this^
Posterior Shoulder Press	5 x 10	Weight should be lower	

CABLE

Activity	Sets x Reps	Weight	Image / Description
Lateral Raises	3 x 10 each arm		

External Rotators	3 x 15 each arm		
Internal Rotators	3 x 15 each arm		^that but starting out and pulling in
Cuban Press	3 x 12 each arm		Cable or DB works 

Dumbbells

Activity	Sets x Reps	Weight	Image / Description
DB Front Raise	10-10-8-8		
DB incline Shoulder Raise	12-12-10-10		
BB Incline Front Raise	10-10-8-8		

F is for Finisher

Activity	Sets x Reps	Weight	Image / Description
Standing BB Row to Press	3 x 20 or fail		Basically like a clean & press but don't use your legs