

## EXTREME PUSH DAY WORKOUT (CHEST & SHOULDER FOCUSED)

**Workout Table**

Exercise	Sets	Reps	Notes
Flat Barbell Bench Press	5	5-6	Last set drop set
Incline Dumbbell Press	4	6-8	Rest-pause last set
Weighted Dips	4	8-10	Bodyweight failure after last set
Standing Military Press	4	6-8	Superset with Lateral Raises
Dumbbell Lateral Raises	3	12-15	
Incline Dumbbell Flys	3	12	Deep stretch at bottom
Arnold Press	4	8-10	Full range of motion
Cable Lateral Raises	3	12-15	Controlled tempo
Close-Grip Bench Press	3	8-10	
Overhead Triceps Extensions	3	10-12	Superset with Rope Triceps Pushdowns
Rope Triceps Pushdowns	3	12-15	Double drop set last set