



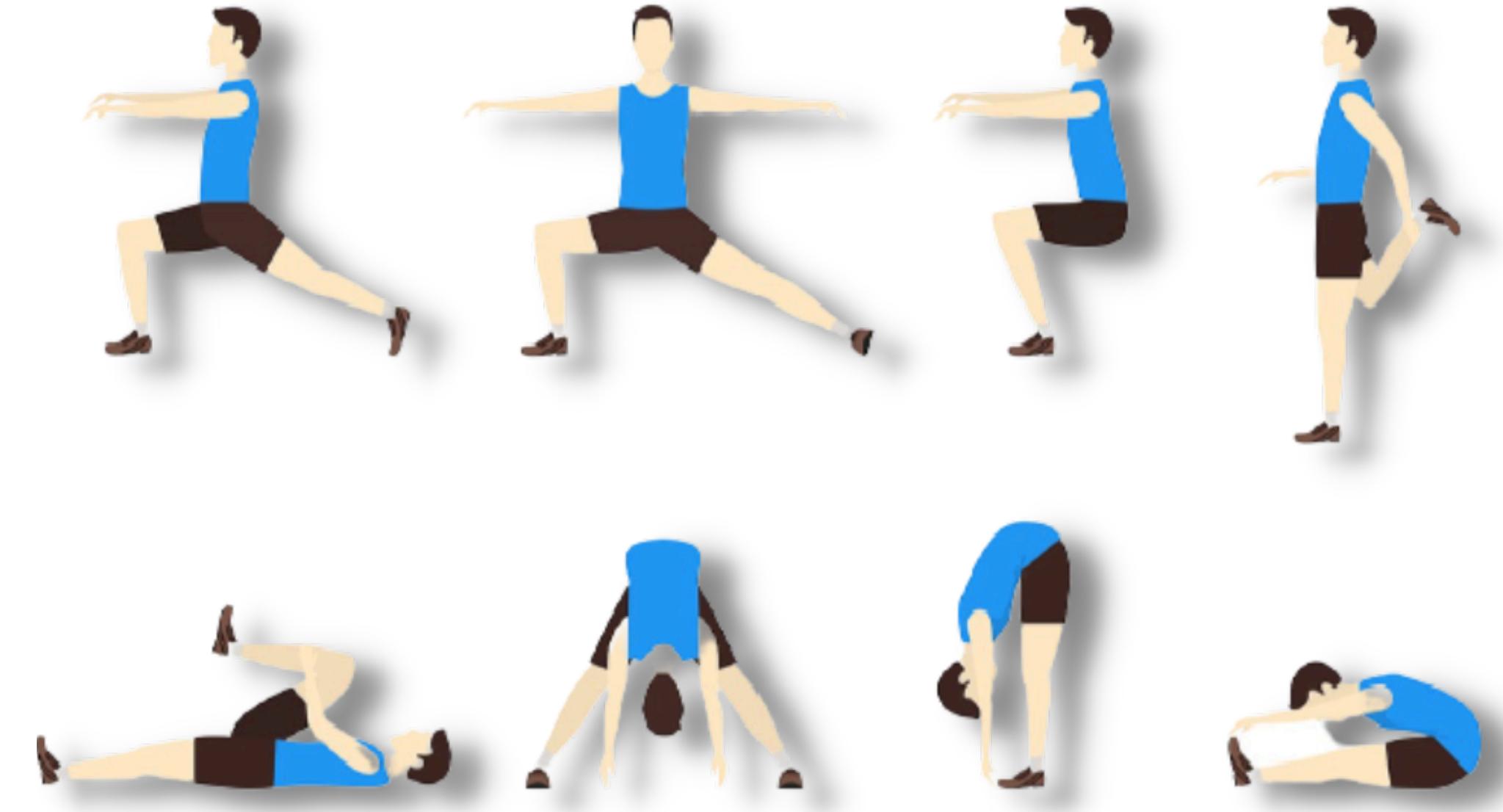
XTReme



DAY - 4

Push Day

- **DYNAMIC STRETCHES**



• FLAT BENCH PRESS

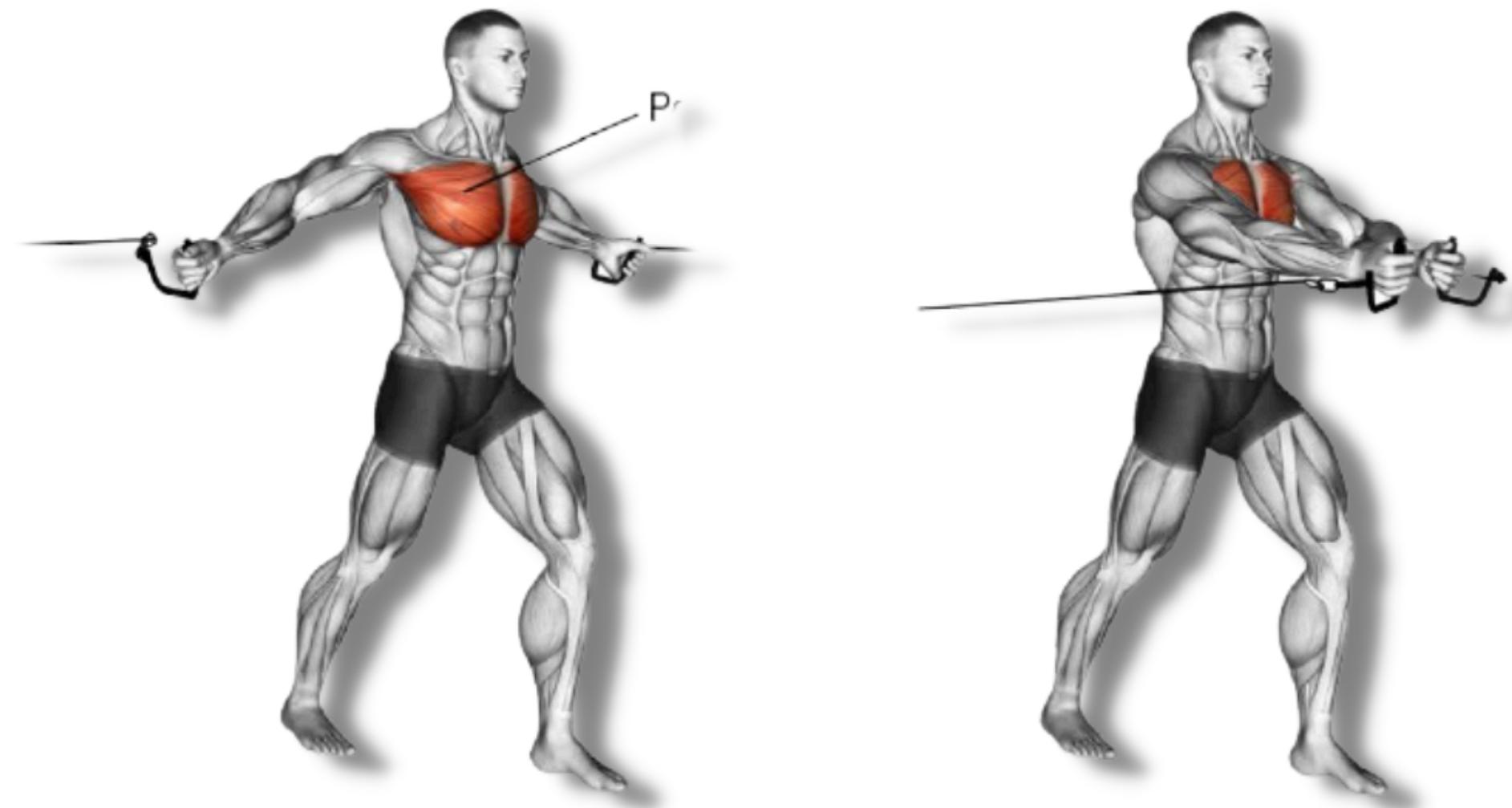
(3*15)



• INCLINE BENCH PRESS
(3*15)



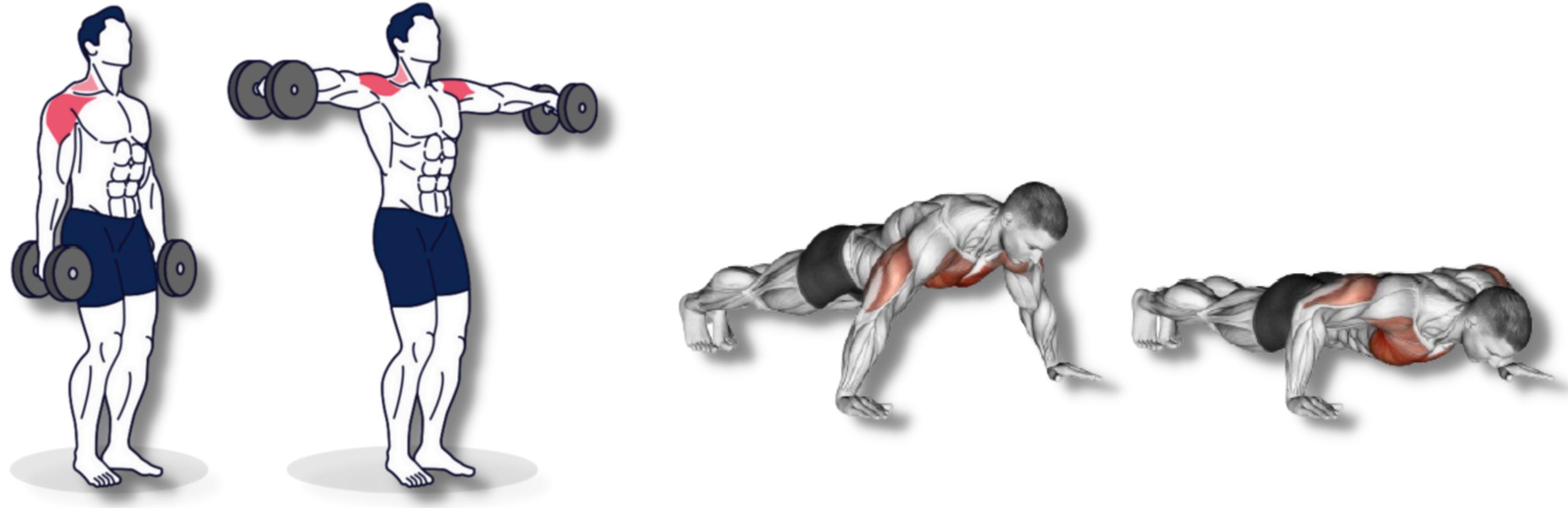
• CABEL CROSS OVER
OR INNER PEC FLIES
(3*15)



- **SHOULDER PRESS**
(3*15)



• DUMBBELL SIDE RAISES SUPERSET WITH
WIDE GRIP PUSHUPS
(3*15)



• CLOSE GRIP BENCH PRESS
(3*15)



- **SKULL CRUSHERS**
(3*15)



- TRICEP PUSHDOWN
(3*15)

