



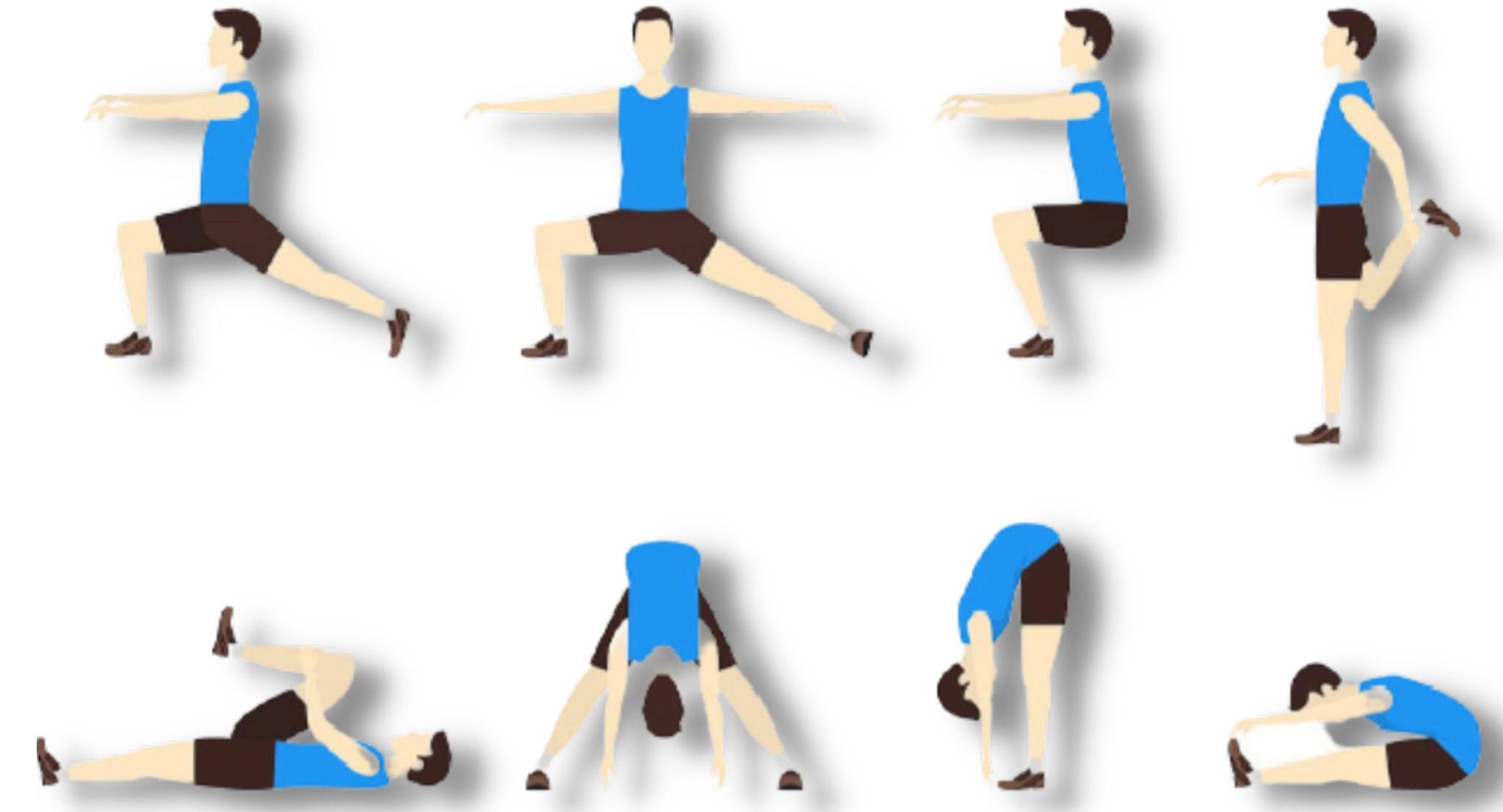
XTREME



DAY -1

Push Day

- **DYNAMIC STRETCHES**



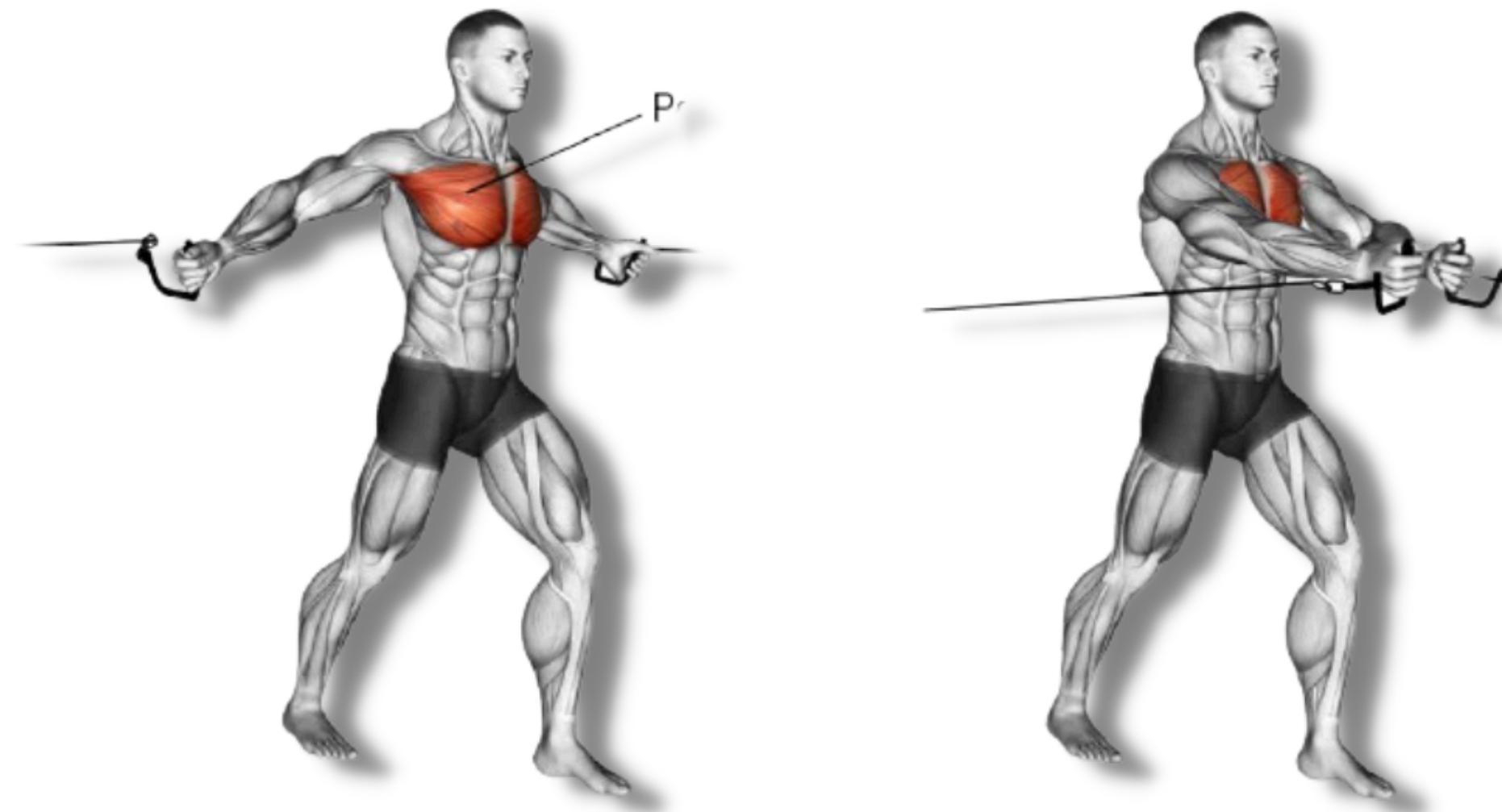
- **BENCH PRESS**
(3*15)



• **INCLINE BENCH PRESS**
(3*15)



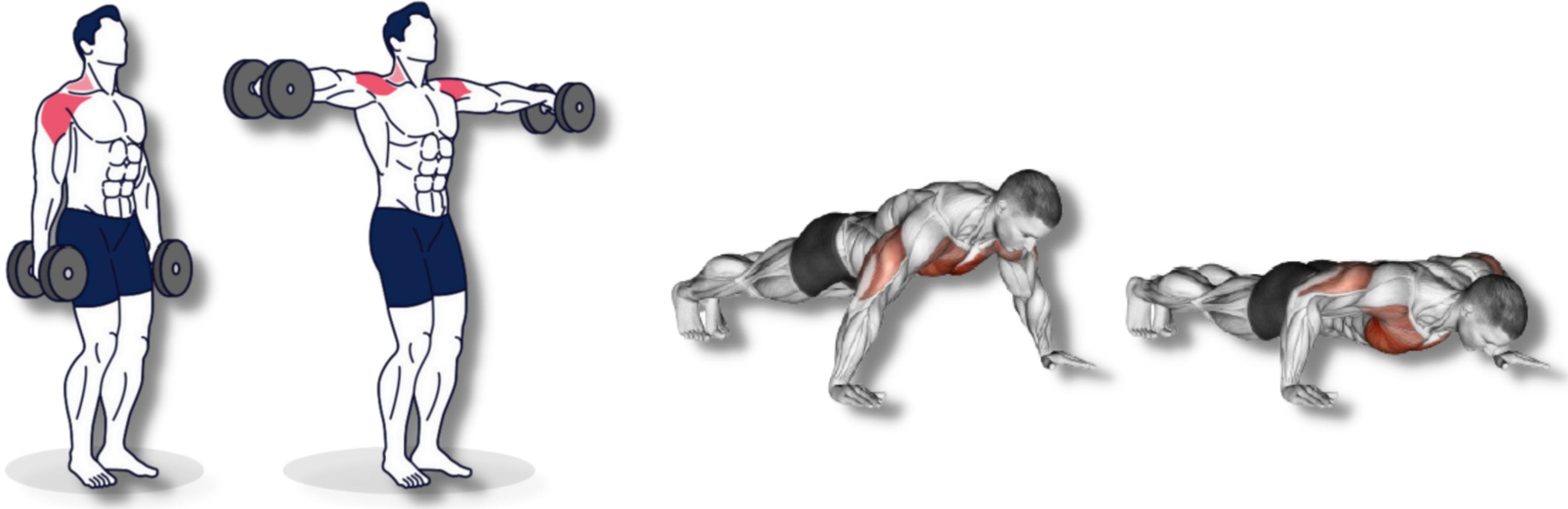
• CABEL CROSS OVER
OR INNER PEC FLIES
(3*15)



- **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)

