



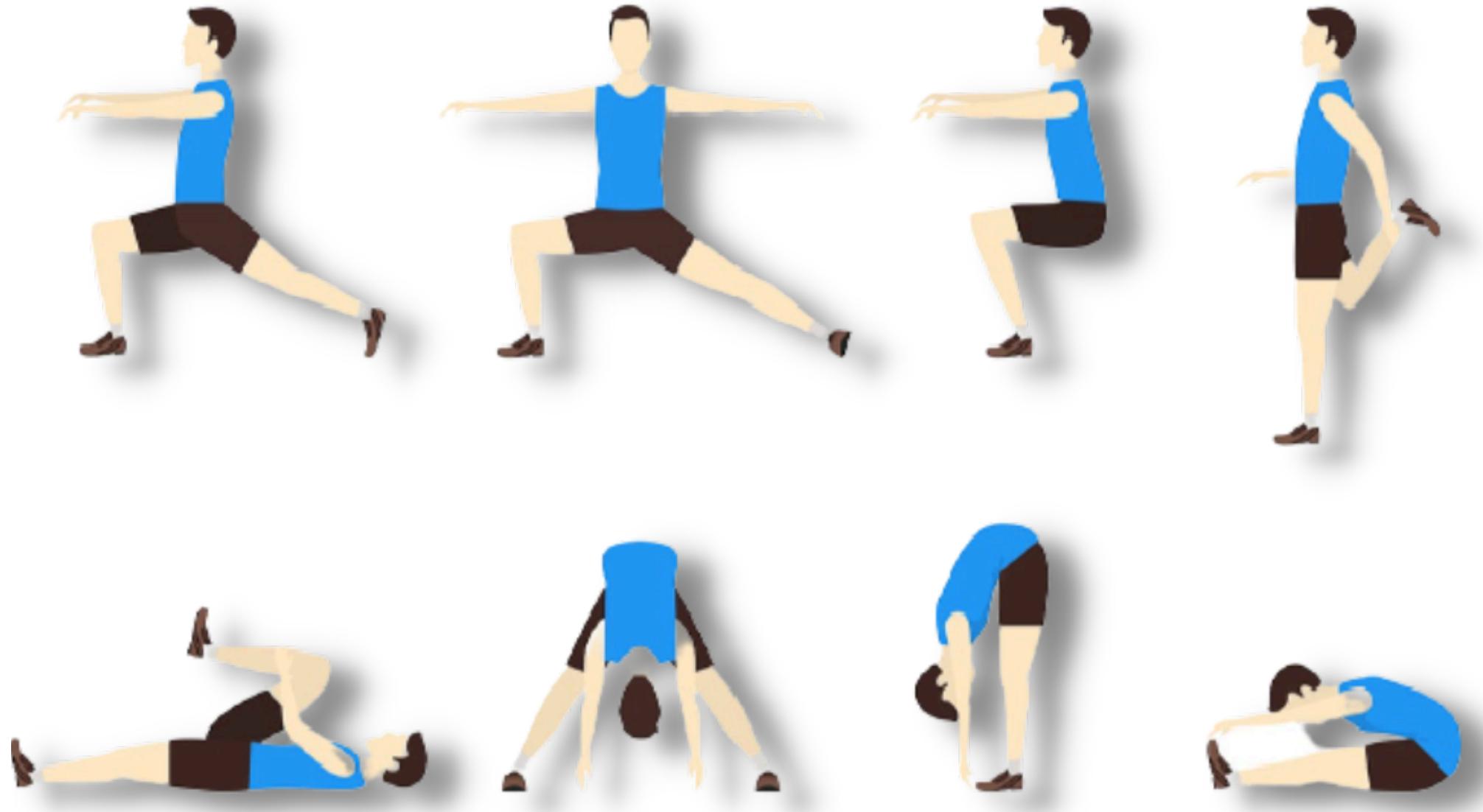
MAX WORKOUT



DAY - 3

Push Day

- **DYNAMIC STRETCHES**



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



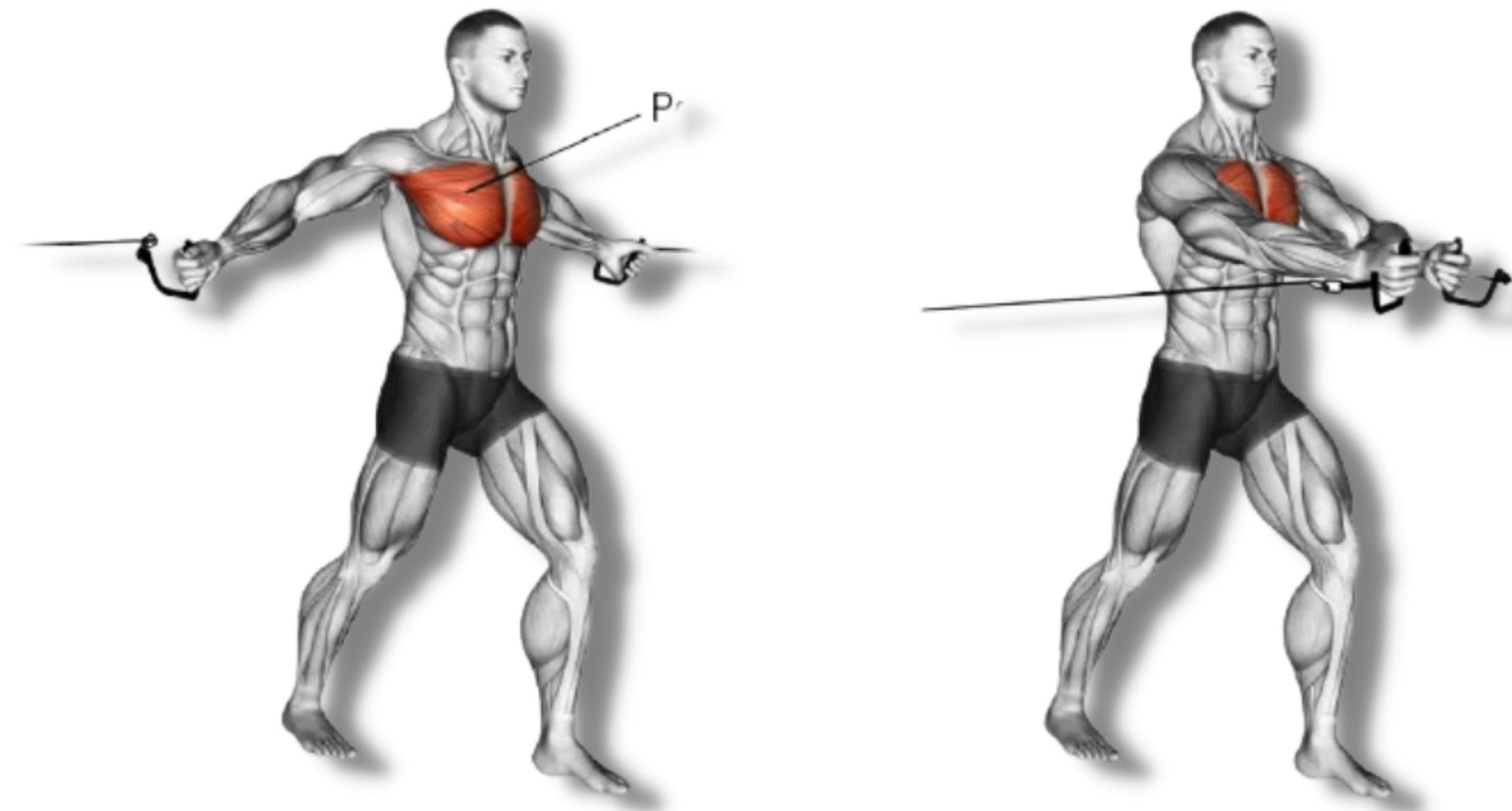
-

INCLINE BENCH PRESS

(3*15)



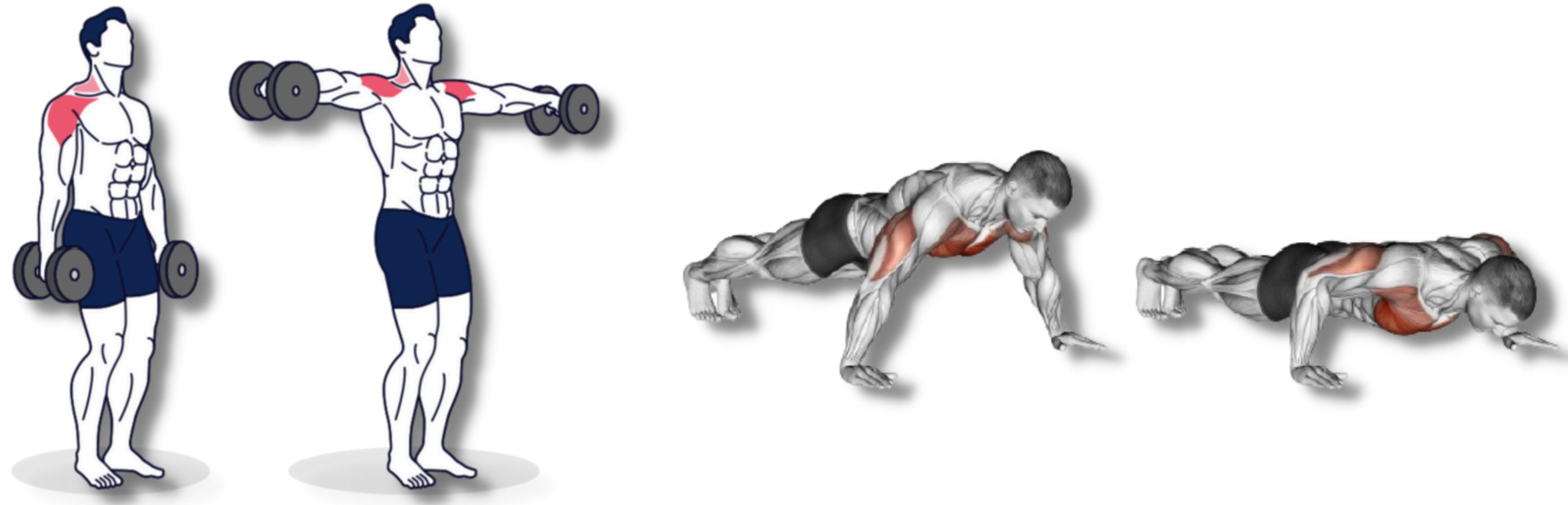
- CABEL CROSS OVER
OR INNER PEC FLIES
(3*15)



- **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)

