

1.1 Push

Dismiss

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Regular workout

Created by Nicholas Falke on 1 Jan 2024, last updated on 1 Jan 2024.

est. 50 minutes

	Jog	1 set x 5 min	👉 Rest 90 sec between sets
	Dumbbell bench press.	4 sets x 8	👉 Rest 90 sec between sets

Superset of 3 sets

	Cable fly crossovers	10	
	Standing Cable Chest Press	max	
	Rest for 90 sec		

⟲ Repeat new set

	Dumbbell Incline Bench press.	3 sets x 10	👉 Rest 90 sec between sets
	Dumbbell lateral raises	3 sets x 12	👉 Rest 50 sec between sets

Superset of 3 sets

	Cable tricep pushdown	8	
	Cable tricep skullcrushers	max	
	Rest for 90 sec		

⟲ Repeat new set

Jog

-Keep it light
-Goal: Warm up muscles/break a sweat

Dumbbell bench press.

- Brace core ("preparing for a punch to the stomach")
- Feet screwed into the ground
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets) *Mostly upper back should make contact w/ bench
- Head packed/chin tucked ("double chin")
- Slowly descend elbows until wrists are even w/ chest
- Drive forearms up and squeeze at the top

Cable fly crossovers

- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin") Dismiss
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Feet screwed into the ground, about shoulder width apart or staggered stance forward
- Wrists and elbows locked/stabilized
- Initially, pull the cables out forward a couple of steps to create constant tension
- Just moving at the shoulder joint, guide the arms from an out wide position to across the chest position without bending at the elbow

Standing Cable Chest Press

- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Feet screwed into the ground, about shoulder width apart or staggered stance forward
- Wrists and elbows locked/stabilized
- Initially, pull the cables out forward a couple of steps to create constant tension
- Just moving at the shoulder joint, drive the forearms forward from an out wide position to in front of the chest position

Dumbbell Incline Bench press.

- Brace core ("preparing for a punch to the stomach")
- Feet screwed into the ground
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets) *Mostly upper back should make contact w/ bench
- Head packed/chin tucked ("double chin")
- Slowly descend elbows until wrists are even w/ chest
- Drive forearms up and squeeze at the top

Dumbbell lateral raises

- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Feet screwed into the ground
- Wrists and elbows locked/stabilized
- Pull the weight out to the sides (about shoulder height)

Cable tricep pushdown

- Brace core ("preparing for a punch to the stomach")
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Elbows close to the side of the body
- Wrists locked and aligned with the forearms
- Drive pinkies to the floor, having an outward pull at the bottom
- Squeeze at the bottom
- Slowly release the squeeze until elbow is around 90 degrees

Cable tricep skullcrushers

- Brace core ("preparing for a punch to the stomach")
- Feet screwed into the ground
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Head packed/chin tucked ("double chin")
- About 45 degree bend at hips, locking in the lower body
- Wrists locked and aligned with the forearms
- Drive pinkies forward away from the forehead (forearms pushed down like a lever)
- Squeeze at the end and slowly release squeeze until fists are close to forehead

Tracking Sheet

 (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3	Set 4
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt			
Dumbbell bench press.	reps x lbs	reps x lbs	reps x lbs	reps x lbs

Cable fly crossovers	reps x	lbs	reps x	lbs	reps x	lbs	
Standing Cable Chest Press	reps x	lbs	Dismiss	reps x	lbs	reps x	lbs
Dumbbell Incline Bench press.	reps x	lbs	reps x	lbs	reps x	lbs	
Dumbbell lateral raises	reps x	lbs	reps x	lbs	reps x	lbs	
Cable tricep pushdown	reps x	lbs	reps x	lbs	reps x	lbs	
Cable tricep skullcrushers	reps x	lbs	reps x	lbs	reps x	lbs	

Previous Stats
