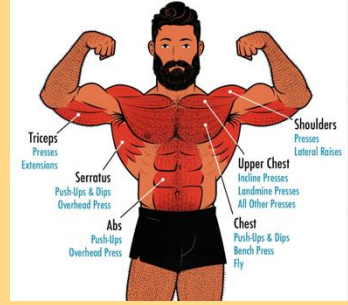


Workout of the Day

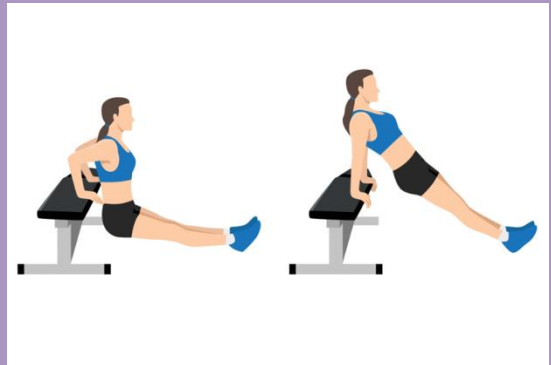
Term of the Day: Push Day

A day where you focus on exercises that involve “pulling” muscles, which are those shown in the photo



Warmup:

- 2 x 10 tricep dip
- 2 x 10 situp



Main set:

- 4 x 8 bench press
- 3 x 10 overhead press
- 3 x 8 skull crushers
- 3 x 8 pushups (modified if needed)

