

Justin Reina <justinmreina@gmail.com>

Day One Plan for tomorrow

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To: Justin Reina <justinmreina@gmail.com>

Sorry it's so late! Your reps/sets for Day one are 4x8-12 focusing on lifting HEAVY with perfect form

The rehab focused section will include 20 steps for your farmers carry and 25 total rope slams

Day One

- Incline DB Bench Press
- Pec-Dec Machine
- Standing Overhead Press
- Seated Single-Arm Tricep Extension
- Bench Push-ups
- Squat to Press

- Rehab Focus:
 - Farmers Carry
 - *Superset* Rope Slams

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