



Warm Up: Chest Lifting Day!

- Band Rotator Cuff Warm Up
- Chest/Lat Foam Rolling
- Db S/A OH Mobility
- MB Tempo Presses
- S/A Db Chest Activation
- Warm Up Chest Press!



Any Order w/ 20 Set Cap

Choose **ONE** Option(if applicable)

TDb Chest Press:

1. 4-5x8-12 @ 60-50%
 - 1-1:30 TOR
2. 4x15-20 @ 30% w/ Tempo
 - 1:30 TOR

TDb Decline Press:

1. 3-5x8-12 @ Max
 - 1-1:30 TOR
2. 3-5x6-12 Ramping
 - 1:30 TOR

TDb Incline Press:

1. 3-5x8-12 @ 60-40%
 - 1:30 TOR
2. 3-5x6-10 @ Max w/ Pause
 - 1:30-2:00 TOR

TDb Pullover:

- 3-5 Sets w/ 1:00 TOR
- 8-10 Reps @ Max(Bend)

Push Ups: Counts as 4 Sets

1. Tabata Style(8 Rounds)
2. Regression Approach
 - 25, 35, or 40 Reps(ea)
3. 5:00 AMRAP

Chest Superset:

- 3-4 Sets w/ 2:00 TOR
- 8 Db Fly-Press @ Max
 - 12-15 Db Tricep Press @ Max



On Whiteboard

After Each Exercise:

Choose One

- 30-50 T to B
- 30-50 K to B
- 20-30 Rollouts
- 30-50 Sit Ups



