



Push Workout

Chest challenge set

Code	Exercise Name	Sets	Reps	Note	Sets/Reps/Notes
A1	DB banded press		8-10		
A2	Banded press		8-10	2 second hold at top	
A3	DB press		AMRAP	bottom half only	

Shoulder slaughter set

Code	Exercise Name	Sets	Reps	Note	Sets/Reps/Notes
B1	Standing overhead DB press		8-10	2 second hold at bottom	
B2	DB rear delts		8-10	top half, 2 second hold at top	
B3	DB laterals		AMRAP	(top half, 2 second hold at top	
B4	Death swimmers drop set			as long as you can	

Triceps torture set

Code	Exercise Name	Sets	Reps	Note	Sets/Reps/Notes
C1	DB triceps extensions		8-10	2 second hold at the bottom	
C2	Banded step back extension		8-10	(2 second hold at full extension	
C3	Banded overhead extensions		AMRAP		

Push up peril

Code	Exercise Name	Sets	Reps	Note	Sets/Reps/Notes
D1	Extended range push ups		AMRAP		



DILF MAKER

D2	Push ups		AMRAP		
D3	Knee push ups		AMRAP		
	Doorway Iso stretch		30 sec		