



Warm Up: **Lifting Chest Day!**
Cycle Week #2/12

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



20-50 Bench Push Ups

Db Chest Press:

3-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 50%

20-50 Low Bench Push Ups

Db Incline Press: w/ Pause

3-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 40-30%

20-50 Push Ups

Db Pullovers:

3-4 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

3-4 Rounds:

- 8-15 Cals Biked
- 10-15 K to B/V-Up
- 8 Ball G to S

Buy Out:

- 50 Rollouts

Or

- Bench Leg Raises



Cycle Week #2

1. Continue Warm Up
2. 4x20-15 @ 30-35% w/ Tempo
 - 2:00 TOR

Into → Sup Lifts

4-5 Sets(ea):

8-12 Reps w/ 1:30 TOR

1. Incline Press @ 50-40%
2. Fly-Press @ Max
3. **50-100/100-150** Push Ups



February 22nd

Audio

