



Warm Up: **Chest Lifting Day!**  
**Mini Cycle Week #4/8**

- 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!



- TDb Clean to OH:  
4-5 Sets w/ 1:30 TOR
- 8 Reps @ Max



## Chest Supersets: In Order

### Mini Cycle Week #4/8

- Warm Up Appropriately
  - All Superset w/ 5-15 PU UB
1. TDb Chest Press w/ Pause
    - 3-4x8-10 @ 50-60%
    - 1:30-2:00 TOR
  2. TDb Incline Press w/ Pause
    - 3-4x8-10 @ 60-50%
    - 1:30-2:00 TOR
  3. TDb Decline Press w/ Pause
    - 3-4x8 @ Max
    - 1:30-2:00 TOR



