



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!



TDb Chest Press:

1. 3-5x8-12 @ 50%+
 - 1-1:30 TOR
2. 4x15-20 @ 30% w/ Tempo
 - 1:30 TOR

TDb Decline Press:

1. 3-5x8-12 @ 40%+
 - 1-1:30 TOR
2. 4-5x4-10 Ramping
 - 1:30 TOR

TDb Incline Press:

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

- 2 Cals Between Sets(UB2)

TDb Pullover:

- 3-5 Sets w/ 1:00-1:30 TOR
- 8-10 Reps @ Max(Bend)

Push Ups:

1. Tabata Style(8 Rounds)
2. Regression Approach
 - 20, 35, or 50 Reps(ea)
3. 5:00 AMRAP

Chest Superset:

- 3-4 Sets w/ 1:30 TOR
- 8 Db Fly-Press @ Max
 - 12-15 Db Tricep Press @ Max



