

FREE WEIGHTS

PUSH WORKOUT

DB CHEST PRESS*

1 top set, 1 back down set. 3 mins rest

SEATED TRICEP DB EXTENSION

2 sets, 8-12 reps. 2 min rest

SEATED OVERHEAD DB PRESS

3 sets, 8-12 reps. 2 mins rest

LATERAL DB RAISE

2 sets, 6-8 reps. 2 mins rest

BODYWEIGHT PLANK

2 sets, 45 sec timed

* Make sure to warm up using lighter weights before your top sets. This may require 1-3 additional sets before reaching the top set.