

# PUSH DAY

# UPPER BODY

CHEST, TRICEPS, DELTS

01

CHEST

## Decline Push Ups

With your feet up, lower your body with hands in neutral position; pause raise & repeat.

Reps: 12-15

02

CHEST

## Flat Dumbbell Press

Using a flat bench or jump box, spread dumbbells from overhead; lower pause & repeat.

Reps: 12-15

03

CHEST

## Seated Cable Fly

Using a bench seat or jump box, spread cables from the center chest; pause contract & repeat.

Reps: 12-15

04

DELTS

## Seated Military Press

Using a high back bench seat, press barbell or dumbbells overhead; pause lower & repeat.

Reps: 12-15

05

TRICEPS

## Standing Cable Press Down

Standing upright, with arms at side extend cable downward; pause raise & repeat.

Reps: 12-15

06

TRICEPS

## Lying Dumbbell Press

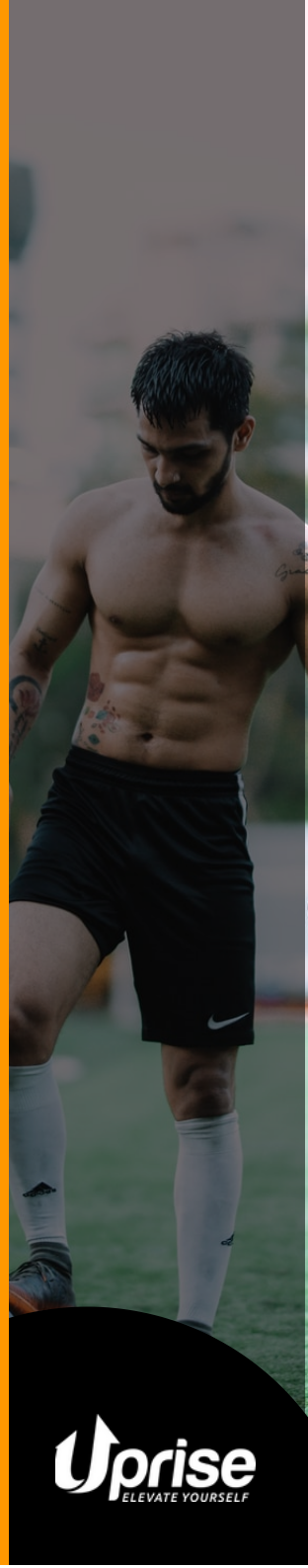
Using a flat bench or jump box, extend dumbbells overhead; pause lower & repeat.

Reps: 12-15

Repeat above exercise sequence for 3-5 rounds.

Want to push a little harder? Finish up with your favorite ab routine or a 20-30 minute brisk walk, jog or run.

Be sure to hydrate throughout and take rests between sets as needed.



**Uprise**  
ELEVATE YOURSELF