



PUSH A

Day_____

Date_____

Time_____

Weight_____

Sleep_____

Stress_____

Mood/Notes _____

Exercise	Sets	Reps	Notes
A1 Incline DB Press	2	6-8	Form or muscular failure on 1-2 sets
B1 Incline Machine Press *	2	6-8	added double drop set Form or muscular failure on 1-2 sets / Double Drop last set
C1 Roller Cable Fly*	2	8-10	added double drop set Form or muscular failure on 1-2 sets / Double Drop last set
D1 Delt Cable Y Raise **	3	8-10	added failure sets + drop set First 2 sets to failure / Drop set last set
E1 Smith JM Press (banded)**	3	8-10	added failure sets + drop set First 2 sets to failure / Drop set last set

PUMP WORK TRICEPS SMITH TROUBLE

Complete as giant set.

A1 banded extension	2	10	2 rounds, 90 seconds rest between rounds
A2 banded close grip push-up	2	AMRAP	2 rounds, 90 seconds rest between rounds
A3 (drop) banded extensions	2	AMRAP	2 rounds, 90 seconds rest between rounds
A4 (drop) banded close grip push-up	2	AMRAP	2 rounds, 90 seconds rest between rounds
A5 extensions	2	AMRAP	2 rounds, 90 seconds rest between rounds
A6 close grip push-up	2	AMRAP	2 rounds, 90 seconds rest between rounds

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