

CHEST + BACK

Preview Week, Thursday

1 *Alternating Flies to Press* 3 sets 8 reps/each



2 *Chest Press* 3 sets 15 reps




3 *Incline Press* 3 sets 15 reps




4 *Stiff Arm Pushdowns* 3 sets 15 reps



5 *Rows* 3 sets 15 reps




6 *Rear Delt Flies* 3 sets 15 reps



BURNOUT CIRCUIT

Complete 3 rounds

Incline Push Ups 15 reps



High Plank In and Out Jumps 15 reps



Knee Push Ups 15 reps

