

A blue-tinted photograph of a muscular man with glasses and earbuds, standing in a locker room. The background shows rows of lockers. The man is shirtless, and his physique is highly defined. The text is overlaid on the center of the image.

PUSH DAY

**FOR SIZE
AND
STRENGTH**



PUSH DAY

EXERCISE	SETS	REPITIONS	REST(MIN)	NOTES
FLAT DUMB-BELL BENCH PRESS	3-4	8	1.5-3	<ul style="list-style-type: none">• Don't flare out your elbows.• Use heel drive.
LANDMINE PRESS	3	10	1-2	<ul style="list-style-type: none">• Stagger your stance.
LATERAL RAISES STANDING	3	10	1	<ul style="list-style-type: none">• Hold for 1-2 sec at top.
DUMBBELL SHOULDER PRESS	3	10	1	<ul style="list-style-type: none">• Slowly lower the weight.
TRICEP EXTENSION PUSHDOWN	3	10	1	<ul style="list-style-type: none">• Focus on the contraction at the bottom.
TRICEP EXTENSION OVERHEAD	3	15-20	1	<ul style="list-style-type: none">• Allow for the full stretch.

PUSH FORM

FLAT DUMBBELL BENCH PRESS



- Start with a 45-degree angle between your torso and your elbow.
- Wrists should be stiff and create a straight line to your elbow and shoulder.
- Don't flare your elbows. Use heel drive and brace.

LANDMINE PRESS



- Stagger your stance.
- Wrap both palms firmly around the bar.
- Control the bar down slowly maintaining tension in your chest. Brace your core and glutes.

DUMBBELL SHOULDER PRESS



- Press the dumbbells until your elbow are straight over your shoulders
- Lower the weight slow controlling with your delts.
- Maintain a neutral head position. Brace your core and glutes

PUSH FORM

TRICEP EXTENSION PUSHDOWN



- Pull the rope down your body without moving your elbows.
- Focus on the contraction at the bottom for 1-2 seconds.
- Optional to use a bar or T-bar attachment.

TRICEP EXTENSION OVERHEAD



- Select light weights and use a rope attachment. Focus on the tension at the bottom
- Grasp the ends of the rope with your thumbs and palm.
- Staggered stance, shoulder-width apart.

LATERAL RAISES STANDING



- Without cheating the weight up, bring the dumbbells up to shoulder height or slightly higher.
- Squeeze at the top for 1-2 seconds focusing on the tension in your shoulders.
- Keep thumb slightly up.