

UPPER BODY – PUSH/PULL

	<u>EXERCISE</u>	<u>REPS</u>	<u>SETS</u>	<u>REST TIME</u>
1	PULL UPS – can be assisted with a machine or a band	AMRAP – This rep range will be your target for the 6 weeks. Add 1 rep every week	3	2 Minutes
2	DB INCLINE BENCH PRESS	10	4	90 seconds
3	DB INCLINE ROW	10	3	60 seconds
4	SEATED SHOULDER PRESS	10	4	60 seconds
5	LATERAL & FRONT RAISE	8 on both 16 reps in total.	3	90 seconds
6	CHEST FLY/CABLE OR DUMBBELL	10	4	60 - 75 seconds