Day 1 Chest, Front delts and biceps

Dismiss

Always make sure the last rep is hard!!

Day 1 Chest, Front delts and biceps

Regular workout

Created by Dylan Miranda on Today, last updated on Today.

est. 46 minutes

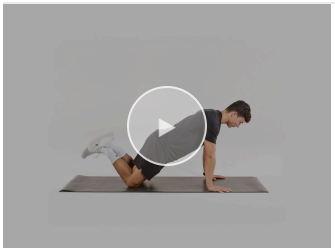
Equipment

Body weight Cable Dumbbell

Instructions

Always make sure the last rep is hard!!

Kneeling Push Up	3 sets x 10	Rest 45 sec between sets
Cable Standing High To Low ...	3 sets x 15	Rest 45 sec between sets
Dumbbell Seated Shoulder Pr...	4 sets x 10	Rest 45 sec between sets
Dumbbell Front Raise	3 sets x 15	Rest 45 sec between sets
Dumbbell Alternating Bicep ...	3 sets x 15	Rest 45 sec between sets
Preacher Curl (Machine)	3 sets x 15	Rest 45 sec between sets
Ab Crunch	3 sets x 10	Rest 90 sec between sets
Bird Dog	3 sets x 10	Rest 45 sec between sets



Kneeling Push Up

1.Support your body on your knees and hands with your elbows bent, legs crossed, feet raised and your chest nearly touching the floor.

2.Push up to a straight arm position.

3.Lower your body returning to starting position.

4.Repeat.

Cable Standing High To Low Fly

1.Stand upright holding the handles out to each side at shoulder height, elbows bent.

2.Pull the handles down, hitting the lower chest.

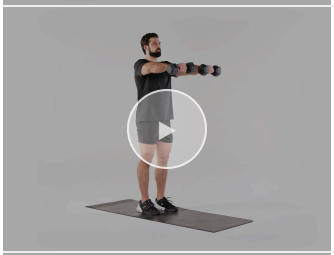
3.Raise the handles returning to starting position.

4.Repeat.

Dumbbell Seated Shoulder Press

Start with both dumbbells positioned to each side of the shoulders with at a 90 degree fashion. Press dumbbells upwards until arms are extended overhead. Lower and repeat.

Dismiss

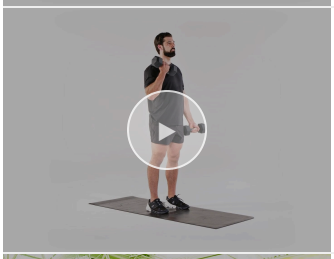


Dumbbell Front Raise

1) Stand with a dumbbell in each hand, with feet shoulder-width apart.

2) Lift the weights in front of you, with straight arms, until your forearms are parallel to the floor.

3) Slowly return to the start position and repeat.



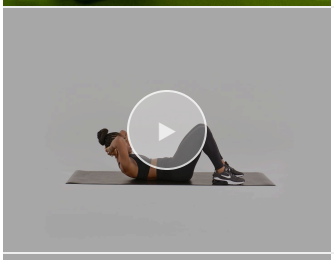
Dumbbell Alternating Bicep Curl

1) Stand up with arms hanging and dumbbells in both hands, palms facing in.

2) Curl dumbbell for one arm, twisting your wrist on the way up and keeping your elbows still.

3) Slowly lower and alternate with the other arm

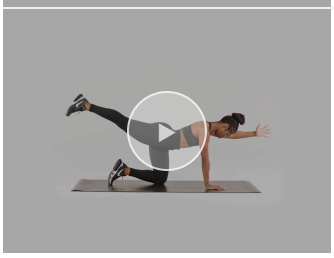
Preacher Curl (Machine)



Ab Crunch

1) When performing this exercise, shorten the distance between the top of the pelvis and the bottom of your rib cage while rolling your rib cage up off the mat.

2) Be sure not to strain your neck by moving your head forward.



Bird Dog

1) When lifting your leg in this exercise, try to isolate the movement from your hip or your glute so squeeze your bum.

2) Get into a 4-point position.

3) Hands underneath your shoulders. Knees underneath hips.

4) From here, make sure you squeeze your abdominals and make sure they are tight. Prevent any lower back arching.

5) Lift the opposing arm and hand, slowly move as you lift.

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3	Set 4
Kneeling Push Up	reps	reps	reps	
Cable Standing High To Low Fly	reps x lbs	reps x lbs	reps x lbs	
Dumbbell Seated Shoulder Press	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Dumbbell Front Raise	reps x lbs	reps x lbs	reps x lbs	
Dumbbell Alternating Bicep Curl	reps x lbs	reps x lbs	reps x lbs	
Preacher Curl (Machine)	reps x lbs	reps x lbs	reps x lbs	
Ab Crunch	reps	reps	reps	
Bird Dog	reps	reps	reps	

Previous Stats

Dismiss