

Chest Shoulders Triceps

Equipment: Bench, Barbell, Dumbbells, Smith Machine.

Time: 1set: 18 min, 2sets: 36 min, 3sets: 48 min

INTERMEDIATE

STRETCH



Push Up (or Close-Grip Push Up)

- Place hands at chest level
- Keep body straight. Lower body until elbows are 90°
- Close-Grip Push Up: Place hands in front of chest (picture inset)
- Stretch

Sets: 1-3 Rep: 15-25



Double Bench Dips (or Hanging Dips)

- Place hands and feet at edge of two parallel benches
- Keep body close to the bench throughout the exercise
- Lower body until elbows are 90°
- Stretch

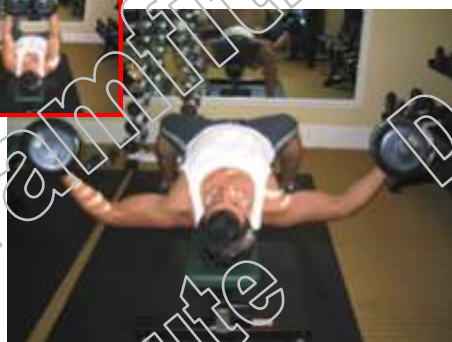
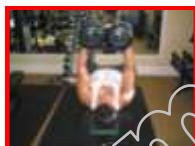
Sets: 1-3 Rep: 10-15



Chest Press with Barbell

- Lay on bench and align barbell with nipple line
- Grab bar with hands at a position slightly wider than shoulders
- Slowly lower bar down until elbows are 90°
- Exhale. Press up until arms are fully extended
- Stretch

Sets: 1-3 Rep: 10-15

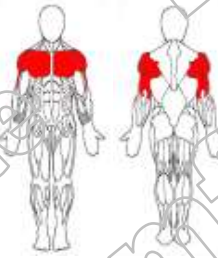


Bench Fly with Dumbbells

- Hold dumbbells hands facing each other. Shoulders slightly bent
- Lower dumbbells. Keep elbows slightly bent
- Exhale. Lift dumbbells back to starting position
- Stretch

Sets: 1-3 Rep: 10-15





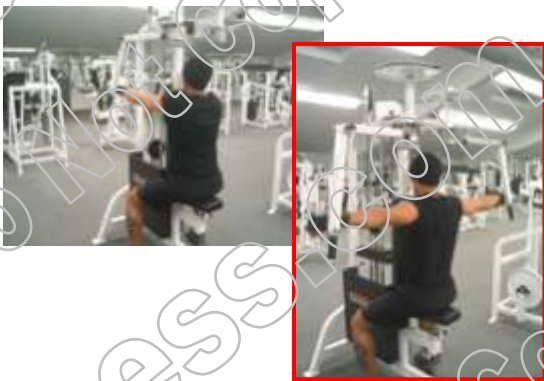
STRETCH



Smith Machine Shoulder Press

- Position seat with 75° recline. Align bar with upper chest
- Grab bar. Lower weight to chin level
- Exhale. Press up to starting position
- Stretch

Sets: 1-3 Rep: 10-15



Seated Reverse Fly

- Adjust seat height so shoulders at same level as handles
- Keep chest pressed on pad. Arms straight
- Exhale. Open arms as wide as possible
- Return to starting position
- Stretch

Sets: 1-3 Rep: 10-15



Lateral Dumbbell Raise

- Stand upright. Knees slightly bent. Dumbbells by side of body. Arms slightly bent
- Exhale. Lift arms up to shoulder level
- Return to starting position
- Stretch

Sets: 1-3 Rep: 10-15



Dumbbell Kickback

- Place one hand and opposite knee on bench for support
- Keep back straight and lock elbow by torso
- Exhale and extend arm until slightly past back
- Stretch

Sets: 1-3 Rep: 10-15





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