

Day 1 Chest & Triceps

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Regular workout

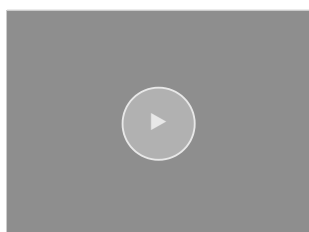
Created by Priscilla Ferrier on 25 Aug 2022, last updated on 25 Aug 2022.

est. 52 minutes

Equipment

Bench Body weight Dumbbell Machine Smith machine

	10 Minute Cardio Warm-Up	1 set x 10 min	
	Machine Seated Chest Press	3 sets x 8-12 reps	👉 Rest 60 sec between sets
	Machine Seated Chest Fly	3 sets x 8-12 reps	👉 Rest 60 sec between sets
	Smith Machine Tricep Dip	3 sets x 8-12 reps	👉 Rest 60 sec between sets
	Smith Machine Decline Bench...	3 sets x 8-12 reps	👉 Rest 60 sec between sets
	Cable Straight Bar Tricep Pus...	3 sets x 8-12 reps	👉 Rest 60 sec between sets
	Dumbbell Tricep Kickback	3 sets x 8-12 reps	👉 Rest 60 sec between sets
	5-min cool down	3 sets	👉 Rest 60 sec between sets



10 Minute Cardio Warm-Up

Perform 10 minutes choosing the following:
Treadmill, Elliptical, Incumbent bike, rower, or stairmaster.



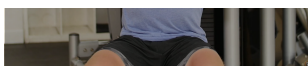
Machine Seated Chest Press

- 1) Sit upright making sure back is rested on the backrest, both hands holding the horizontal position handles and close to your shoulders, elbows bent.
- 2) Push both handles forward to a straight arm position in front of your chest.
- 3) Bending at the elbows, slowly return to starting position.
- 4) Repeat.



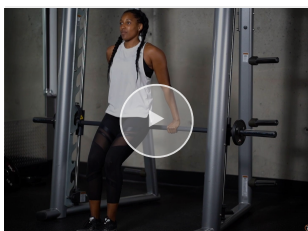
Machine Seated Chest Fly

1. Sit at the machine with your back flat on the pad. Both hands holding the handles with elbows slightly bent.
2. Push the handles together and squeeze your chest once your forearms reach the middle. Pause.
- 3 Return to starting position



3. Return to starting position.

4. Repeat.



Smith Machine Tricep Dip

1. Start by setting the bar to hip height.
2. Place your feet in front of the bar, bending your knees, and bringing your hands shoulder-width onto the bar.
3. Bend your elbows straight back to descend slowly under control.
4. Push yourself back up to the start position using your arms. Repeat.



Smith Machine Decline Bench Press

1. Lie on a decline bench with your feet secured and the bar in your hands, directly above your chest.
2. Slowly lower the bar to touch your chest, then press it back up to the start position.
3. Repeat.



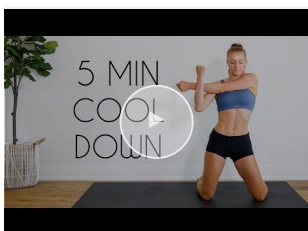
Cable Straight Bar Tricep Pushdown

- 1) Grip the bar in both hands at chest level with your elbows bent.
- 2) Push the bar down, fully extending your arms and keeping your shoulders steady.
- 3) Your hands should finish at the top of your thighs in the downward position.



Dumbbell Tricep Kickback

- 1) Place your left knee on a flat bench with your left hand resting at the edge of the bench for balance.
- 2) Start with the dumbbell hanging in your right hand, with your elbow lined up at shoulder height close to the side of your body.
- 3) Press the weight back until your arm is straight and parallel to the ground.
- 4) Pause, and return to the starting position.



5-min cool down

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

Exercise Name	Set 1			Set 2		Set 3			
10 Minute Cardio Warm-Up	Distance	miles							
	Time	m:	s						
	Speed								
	Levels/Incline								
	Calories burnt								
Machine Seated Chest Press		reps x	lbs		reps x	lbs		reps x	lbs
Machine Seated Chest Fly		reps x	lbs		reps x	lbs		reps x	lbs
Smith Machine Tricep Dip		reps			reps			reps	
Smith Machine Decline Bench Press		reps x	lbs		reps x	lbs		reps x	lbs
Cable Straight Bar Tricep Pushdown		reps x	lbs		reps x	lbs		reps x	lbs
Dumbbell Tricep Kickback		reps x	lbs		reps x	lbs		reps x	lbs
	Distance	miles		Distance	miles		Distance	miles	
	Time	m:	s	Time	m:	s	Time	m:	s

5-min cool down	Speed	Speed	Speed
	Levels/Incline	Levels/Incline	Levels/Incline
	Calories burnt	Calories burnt	Calories burnt

Previous Stats
