



CHEST & TRIS

STAY ON TOP OF YOUR GAME.

4 SETS | 8-12 REPS

CHEST & TRIS

- DB ALTERNATING FLAT CHEST PRESS
- FLOOR 90° DB SHOULDER PRESS
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- FLOOR DB PULLOVER
- STANDING PALLOF PRESS W/ TUBE
- BATTLE ROPE
-
- DB CLEAN AND PRESS
- LAT STRETCH ON TRX
-
- CABLE CHEST FLY
- CABLE ROPE TRICEP EXTENSION
-
- KB SIT UP WITH REACH
- PLANK PUSHUPS

*each cluster of dots is to be done together as a superset/giant set

FOCUSED.



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