

# Day 13 - Chest & Triceps



## Pre-workout Feelings

How did you sleep last night?

\_\_\_\_\_

How did you eat so far today? POOR / OK / GOOD / GREAT

What is your energy level pre-workout? \_\_\_\_\_/10

Do you feel tightness/soreness anywhere? \_\_\_\_\_

## RESISTANCE

Exercise	Sets	Reps	Equipment	Record your Intensity	Rest
Flat Dumbbell Press	↓	10	dumbbells		none
Flat Dumbbell Flies	↓	10	dumbbells		none
PushUps w/wide hand position	↓	10	none		60sec 4 total sets
Lying Tricep Extension	↓	10	dumbbells		none
Rope Tricep Pushdowns	↓	10	cable w/rope		none
Standing Overhead Tricep Extension	↓	10	plate or dumbbell		60sec 4 total sets
Weighted Crunch on Stability Ball	4	10 crunch 10 pulse	plate or dumbbell		30 sec

## CARDIO - choose 1

Exercise	Intensity	Speed	Time
Uphill Treadmill Walking	7.0~10.0 incline	3.6 ~ 4.0mph	20mins
Stairclimber	65steps/min IF 2 at a time	95 steps per min IF 1 at a time	20mins

## NOTES

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