

## Day 17 - 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
30 degree incline chest press	3 sets, then 1 TDS	10	dumbbells		60 sec
30 degree incline chest flies	3 sets, then 1 TDS	10	dumbbells		60 sec
Assisted Tricep Dips	1 TDS	10, 10, 10	assisted dip/pull-up machine		60 sec
Rope Tricep Pushdowns	1 TDS	10, 10, 10	cable w/rope		60 sec
Tricep Kick-Backs	3	10 each arm	dumbbell		60 sec

TDS = triple drop set. Start with a heavy weight and do 10 reps, drop to a lighter weight and do 10 reps, drop again to a lighter weight and do 10 reps.

### 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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