

## Day 9 - Push Circuit



### 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
Single Arm Chest Press on Bench	4	10 reps per arm	dumbbell		none
Cross-Over Mountain Climber with Push Up	4	10	none		45 sec
Single Arm Cable Push with Twist	4	10	cable machine w/ adjustable arms		none
Squat with Overhead Plate Push	4	10	plate or dumbbell		45 sec
Weighted Crunch on Stability Ball	4	10 crunch 10 pulse	plate or dumbbell		none

### 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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