

## **WEEK 25 – UPPER H. PUSH/ PULL**

Hey y'all!

Time to get these summer bodies in check. Now is not the time to fall off the wagon so let's crush this wekk!

### **SET 1**

**Single Arm Chest Press – 3 x 12**

**Bent Over Single Arm Dumbbell Row – 3 x 12**

**3 Count Pushup – 3 x 10**

NOTES: Descend into the pushup for 3, slow seconds and push back up in one. If you are unable to do a normal push up, use your knees. You are also able to descend from your knees and as you push up, go to the plank position.

### **SET 2**

**Barbell Bench Press – 3 x 12**

**Single Arm Cable Row – 3 x 12**

NOTES: With a slight bend in your knees, keep your chest up and pull your elbow in to stop at your torso. Return back to the starting position.

**Single Arm Bicep Curl – 3 x 15**

### **SET 3**

**Dumbbell Chest Fly – 3 x 12**

**Dumbbell Renegade Row – 3 x 12**

NOTES: In the plank position, begin to row in the dumbbells, alternating hands. Keep your hips flat as you move through the motion. If the weight is too heavy, decrease the weight to ensure that you are performing it properly.

**Palov Press – 3 x 15**

NOTES: Pull the handle to your chest, keeping your chest up and shoulder blades back. Push the handle out, pause for a second, and return to the starting position.

Keep me in the loop on how you're doing because you should be progressing as the program progresses as well! I'm here for you!

#BUILDDANEMPIRE,  
Rock