


- **GYM WORKOUT**




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- **1A: SMITH MACHINE INCLINE PRESS**
- **SETS: 3**
- **REPS: To Failure**
- Perform the compound set (immediately into the pushups) on either the last set or last two sets




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- **1B: PUSHUPS**
- **SETS: 1-2**
- **REPS: To Failure**
- Perform the pushups to failure immediately following the last one or two sets of the Smith Incline Press



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- **2: "X" PLYO PUSHUPS**
- **SETS: 3**
- **REPS: To Failure**
- Perform 3 sets to failure being careful not to smash your face on the ground when you fatigue!



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- **3: 1 1/2 DIPS**
- **SETS: 3**
- **REPS: To Failure**
- Perform 3 sets to failure. 10-15 reps would be a great goal on this exercise!



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- **4A: CYCLONE CABLE CROSS**
- **SETS: 3**
- **REPS: 10-12**
- Perform 10 Cyclone Cable Crosses on each arm and then 12 "X" Crossovers (6 right arm over left and 6 left arm over right)



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- **4B: "X" CROSSOVERS**
- **SETS: 3**
- **REPS: 12**
- Perform 10 Cyclone Cable Crosses on each arm and then 12 "X" Crossovers (6 right arm over left and 6 left arm over right)

PERFORM IN STRAIGHT SETS MAKING SURE TO CHOOSE WEIGHTS THAT CAUSE YOU TO REACH
FATIGUE AT THE PRESCRIBED REP TOTAL