

Fitmart's Chest Shoulders and Tri's Workout

Core (2 times)

| | <u>Weight</u> | <u>Reps</u> |
|-------------------------------|---------------|-------------|
| V-Ups | | 15 |
| Side Plank Raises (each side) | | 15 |
| Swing Through | | 20 |

Round 1 (2 times)

| | <u>Weight</u> | <u>Reps</u> | <u>Weight</u> | <u>Reps</u> |
|--------------------|---------------|-------------|---------------|-------------|
| Incline Push Ups | | | | |
| Alt Shoulder Press | | | | |
| Back Flies | | | | |
| Standard Push Ups | | | | |
| Rotator Cuff | | | | |
| Front Flies | | | | |

(1 min rest)

Round 2 (2 times)

| | <u>Weight</u> | <u>Reps</u> | <u>Weight</u> | <u>Reps</u> |
|------------------------|---------------|-------------|---------------|-------------|
| Wide Push Ups | | | | |
| Arnold Press | | | | |
| Dips | | | | |
| Chest Flies | | | | |
| Side Flies | | | | |
| Cross Tricep Extension | | | | |