



Master Your Push Ups.



Home Session

Unsure?

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Training Focus - Push Ups

	Exercise	Sets	Reps	Tempo	Rest	Notes		
1	Chest	Knee Push-Up	4	15	3.1.1	1 min	Assume a standard push-up position. Next, get down on your knees instead of placing your weight on your feet. Feet should be crossed behind you. Your body now should look like a check mark, with your feet crossed behind you, knees to head forming a straight line. and arms straight with hands shoulder-width apart on the ground. This is the starting position. Begin exercise by lowering your chest to the ground by bending at the elbows. Don't let your hips sag down. Pause, then push back up to starting position. This completes one rep	Knee Push Ups
2	Core	Plank	3	30sec	N/A	30 secs	Get into a prone position on the floor, supporting your weight on your toes and your forearms. Your arms are bent and directly below the shoulder. Keep your body straight at all times, and hold this position as long as possible. To increase difficulty, an arm or leg can be raised.	Plank
3	Core	Hands Out Bird Dog	3	15	1.2.1	1 min	Begin by getting down on your hands and knees with your arms shoulder-width apart and hands directly underneath your shoulders. Next, tighten your core and begin exercise by simultaneously raising your right arm up and your left leg up at the same time until they are both in line with the rest of your body. Bring your elbows in to touch opposite knee then repeat on other side.	Hands Out Bird Dog
4	Core	Plank Twists	3	15	1.2.1	1 min	Get into a prone position on the floor, supporting your weight on your toes and your forearms. Your arms are bent and directly below the shoulder. Keep your body straight at all times. Pivot to one side, raising that arm vertically above you as you twist	Plank Twists

Your Session Macros

TDEE

Pro

Carbs

Fat

Please weigh yourself before and after each session and drink 1ml of water per gram lost.



Gym Session

Training Focus - Press Up

Exercise Sets Reps Tempo Rest

Notes

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1	Chest	Knee Push-Up	4	15	3.1.1	1 min	Assume a standard push-up position. Next, get down on your knees instead of placing your weight on your feet. Feet should be crossed behind you. Your body now should look like a check mark, with your feet crossed behind you, knees to head forming a straight line. and arms straight with hands shoulder-width apart on the ground. This is the starting position. Begin exercise by lowering your chest to the ground by bending at the elbows. Don't let your hips sag down. Pause, then push back up to starting position. This completes one rep	Knee Push Ups
2	Triceps	Cable Tricep Extension	3	15	1.1.1	1 min	Sit down on a dip machine. Choose a weight and grasp the handles firmly. Keep your elbows close to your body. They should be bent at a 90 degree angle. Contract your triceps and extend your arms down as you exhale. As you contract the triceps, extend your arms downwards as you exhale. Tip: At the bottom of the movement, focus on keeping a little bend in your arms to keep tension on the triceps muscle. Move your arms back to the starting position as you inhale. Step 5: Repeat for the desired number of repetitions.	Cable Tricep Extension
3	Shoulders	Dumbbell Front Raise	3	15	1.2.1	1 min	Grab two dumbbells and stand up straight. The dumbbells should be in front of your thighs with your hands facing down. This is the starting position. While keeping your torso stationary, lift the dumbbells to the front. Your elbows should be slightly bent. Lift the dumbbells up until your arms are slightly above the level where they would be parallel to the floor. Exhale as you do so, and pause for a second when you get to the top. Lower the dumbbells back to the starting position, inhaling as you do so. Repeat for the desired number of rep	Dumbbell Front Raise
4	Core	Swissball Plank	3	30secs	N/A	1 min	Get into a prone position on a swiss ball, supporting your weight on your toes and your forearms. Your arms are bent and directly below the shoulder. Keep your body straight at all times, and hold this position as long as possible. To increase difficulty, an arm or leg can be raised	Swissball Plank

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