

WORKOUT



CHEST/TRICEPS

LIGHT DAY

| EXERCISE | SETS | REPS | | | | |
|---|------|-------|---|----|----|----|
| | | CYCLE | | | | |
| | | 1 | 2 | 3 | 4 | 5 |
| Pushup | 2 | 8 | 9 | 10 | 11 | 12 |
| Cable Crossover <small>(SUPPORTED BY WORK)</small> | 3 | 8 | 9 | 10 | 11 | 12 |
| Bench Press | 3 | 8 | 9 | 10 | 11 | 12 |
| Incline Dumbbell Flye <small>(SUPPORTED BY WORK)</small> | 3 | 8 | 9 | 10 | 11 | 12 |
| Incline Dumbbell Bench Press | 3 | 8 | 9 | 10 | 11 | 12 |
| French Press | 3 | 8 | 9 | 10 | 11 | 12 |
| Rope Pushdown <small>(SUPPORTED BY WORK)</small> | 3 | 8 | 9 | 10 | 11 | 12 |
| Dumbbell Overhead Extension | 3 | 8 | 9 | 10 | 11 | 12 |
| Dumbbell Kickback | 3 | 8 | 9 | 10 | 11 | 12 |

HEAVY DAY

| EXERCISE | SETS | REPS | | | | |
|------------------------------|------|-------|---|---|---|---|
| | | CYCLE | | | | |
| | | 1 | 2 | 3 | 4 | 5 |
| Pushup | 2 | 4 | 5 | 6 | 7 | 8 |
| Flat Dumbbell Bench Press | 5 | 4 | 5 | 6 | 7 | 8 |
| Incline Dumbbell Bench Press | 5 | 4 | 5 | 6 | 7 | 8 |
| Close-grip Bench Press | 5 | 4 | 5 | 6 | 7 | 8 |
| Incline French Press | 5 | 4 | 5 | 6 | 7 | 8 |



DUMBBELL ROW
Row the weight toward your hip. This helps engage the lower portion of your lats, an area not targeted when you row toward your shoulder.

AMINOS

The fastest, most efficient way to refuel your muscles and stop catabolism in the post-workout window is with the BCAAs leucine, isoleucine, and valine. These three powders all offer something different.



AMINO STACK
In addition to BCAAs, contains glutamine and essential amino acids.



AMINO PUMP
Contains leucine plus 3g creatine to support growth.



BEST BCAA
Bucks convention by bonding leucine, isoleucine, and valine.



Kinobody Workout

Shawn Burke



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