



PUSH

Day_____

Date_____

Time_____

Weight_____

Sleep_____

Stress_____

Mood/Notes _____

Exercise	Sets	Reps	Notes
A1 flat DB press	2	5-8	
B1 roller cable fly	3	8-10	
C1 incline Barbell press (high)	2	5-8	
D1 lying cuff lateral raises	3	8-10	**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)
E1 single arm cuff cable extension	3	8-10	**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

PUMP WORK SHOTGUN TO THE DICK SUPERSET VER 3.0

Complete as giant set.

A1 rope delt face-pull	3	15	3 rounds, 30 seconds rest between supersets
A2 rope rear delt row	3	15	3 rounds, 30 seconds rest between supersets
A3 rope upright row	3	15	3 rounds, 30 seconds rest between supersets
A4 rope front raise	3	15	3 rounds, 30 seconds rest between supersets
A5 rope front delt voodoo press	3	15	3 rounds, 30 seconds rest between supersets

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