

Chest Day + Calves

Do each colored group back to back, then rest 60-90 sec

Push, shoulders, triceps + calf finisher

WARM-UP

Ski Erg

Steady pace to get the heart rate up.

1 set, 5 min easy

Stretching

Arm circles, round the world.

1 set

SUPERSET 1: PUSH + PULL PRIMER

Push Up

Incline on a bench or from the knees if 10 clean reps is a stretch.

2 x 10

Lat Pulldown (Cable)

Smooth pull to the upper chest, no swinging.

1 x 5

SUPERSET 2: MAIN LIFT

Bench Press (Barbell)

Build to a heavy top set. Use a spotter.

5 x 3-5

Seated Wrist Extension (Barbell)

Forearms on knees, palms down, slow lowering.

4 x 6

SUPERSET 3: SHOULDERS + TRICEPS

Triceps Rope Pushdown

Elbows pinned to the sides, spread the rope at the bottom.

5 x 6

Overhead Press (Dumbbell)

Ribs down, do not arch the low back.

5 x 6

SUPERSET 4: CALVES (FINISHER)

Single Leg Standing Calf Raise (Dumbbell)

Full stretch at the bottom, pause at the top.

3 x 12 per leg

Standing Calf Raise (Barbell)

Bar on the upper back, toes on a low block.

3 x 12

Standing Calf Raise (Machine)

Full stretch. Belt loading optional.

2 x 10

NOTES

- Leave 1-2 reps in the tank. Add load when the last 2 reps feel easy.
- Dumbbell weights are per hand. Use a spotter on the bench.
- Calves last: stretch fully at the bottom of every rep.