



WORKSHEET • CHEST, SHOULDERS, & TRICEPS • DISC 9

DATE / WEEK					
Warm-Up [8:52]					
01 CHEST - Slow-Motion 3-in-1 Push-Ups	R _____	R _____	R _____	R _____	R _____
02 SHOULDERS - In & Out Shoulder Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
03 TRICEPS - Chair Dips	R _____	R _____	R _____	R _____	R _____
04 CHEST - Plunge Push-Ups	R _____	R _____	R _____	R _____	R _____
05 SHOULDERS - Pike Presses	R _____	R _____	R _____	R _____	R _____
06 TRICEPS- Side Tri-Rises	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
07 CHEST - Floor Flys (Switch every 4 reps)	R _____	R _____	R _____	R _____	R _____
08 SHOULDERS - Scarecrows	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 TRICEPS - Overhead Triceps Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
10 CHEST - Two-Twitch Speed Push-Ups (4 Fast, 3 Slow)	R _____	R _____	R _____	R _____	R _____
11 SHOULDERS - Y-Presses	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
12 TRICEPS - Lying Triceps Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Water Break [0:53]					
13 CHEST - Side-to-Side Push-Ups	R _____	R _____	R _____	R _____	R _____
14 SHOULDERS - Pour Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
15 TRICEPS - Side-Leaning Triceps Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 CHEST - One-Arm Push-Ups	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
17 SHOULDERS - Weighted Circles (2 X 20 reps)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
18 TRICEPS - Throw the Bomb	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
19 CHEST - Clap or Plyo Push-Ups	R _____	R _____	R _____	R _____	R _____
20 SHOULDERS - Slo-Mo Throws	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
21 TRICEPS - Front-to-Back Triceps Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
22 CHEST - One-Arm Balance Push-Ups	R _____	R _____	R _____	R _____	R _____
23 SHOULDERS - Fly-Row-Presses	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
24 TRICEPS - Dumbbell Cross-Body Blows	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____