

UPPER BODY PUSH DAY

GFG LIFTS

3 Supersets + Switchback Finisher | Chest · Shoulders · Triceps · Core | Dumbbells



■ 30 MIN

■ ~185 CAL

■ PUSH DAY

■ DUMBBELLS

FORMAT

- Supersets: 3 rounds · 40s work / 20s rest
- Rest after supersets: 30s / 60s / 30s
- Finisher: 2 rounds · 30s work / 15s rest
- Round 2 of the finisher runs in reverse

PENNY'S WEIGHTS

2 x 5kg / 10.5 lbs
2 x 7kg / 15.5 lbs
2 x 10kg / 22 lbs

WARM UP

1. Arm Circles 2. Arm Swings 3. Inchworm 4. Punches

SUPERSETS | 3 Rounds x 40s / 20s | Rest: 30s after SS1 · 60s after SS2 · 30s after SS3

EXERCISE	ROUND 1 · MY WEIGHT	ROUND 2 · MY WEIGHT	ROUND 3 · MY WEIGHT
1a Shoulder Press			
1b Tricep Extension			
2a Floor Chest Press			
2b Half Kneeling Lateral Raise			
3a Constant Tension Chest Fly			
3b 2 DB Skull Crusher			

UPPER & CORE SWITCHBACK FINISHER | 2 Rounds x 30s / 15s | Round 2 in reverse

ROUND 1	MY WEIGHT / DONE	ROUND 2 (reverse)	MY WEIGHT / DONE
1. Pushup Ankle Tap	☐ Done	5. Plank X Body Knee to Elbow	☐ Done
2. Straight Leg Toe Touches	☐ Done	4. DB Bent Knee Sit-up Press	
3. Commando Plank	☐ Done	3. Commando Plank	☐ Done
4. DB Bent Knee Sit-up Press		2. Straight Leg Toe Touches	☐ Done
5. Plank X Body Knee to Elbow	☐ Done	1. Pushup Ankle Tap	☐ Done

Workout Complete - Burn ~185 Calories

NOTES