

Day 3 Upper

<b>Partner:</b>				
<b>Date:</b>				
	<b>wt. / rep / %</b>	<b>wt. / rep / %</b>	<b>wt. / rep / %</b>	<b>wt. / rep / %</b>
<b>Bench Press</b>	4 @ 80%	3 @ 85%	2 @ 90 %	1 @ 95 %
	4 @ 80%	3 @ 85%	2 @ 90 %	1 @ 95 %
	4 @ 80%	3 @ 85%	2 @ 90 %	1 @ 95 %
	4 @ 80%	3 @ 85%	2 @ 90 %	1 @ 95 %
<b>Push Press</b>	5 @ 75%	4 @ 80%	4 @ 80%	3 @ 85%
	5 @ 75%	4 @ 80%	4 @ 80%	3 @ 85%
	5 @ 75%	4 @ 80%	4 @ 80%	3 @ 85%
	5 @ 75%	4 @ 80%	4 @ 80%	3 @ 85%
<b>DB Incline Bench Press</b>	6	5	4	3
	6	5	4	3
	6	5	4	3
<b>ss/ BB Thrusts</b>	5ea	5ea	4ea	3ea
	5ea	4ea	3ea	3ea
	5ea	4ea	3ea	3ea
<b>DB Incline Rows</b>	8	7	6	5
	8	7	6	5
	8	7	6	5
<b>ss/ 1/2 kneeling PVC Shoulder Rotation</b>	8	8	8	8
	8	8	8	8
	8	8	8	8
<b>Band Push Ups</b>	Failure	Failure	Failure	Failure
	Failure	Failure	Failure	Failure
	Failure	Failure	Failure	Failure
<b>ss/ alternating y's &amp; t's</b>	8	8	8	8
	8	8	8	8
	8	8	8	8

