

ADDY + ABBY

PERSONAL TRAINING

Beginner Push Workout

	Exercise	Sets	Reps	Rest	Comments
	*Warm Up 500m Row				
1	Smith Machine Chest Press into Bench Dips	3	15	1 Min	*Make sure you come right down and touch the chest each rep.
		3	15		
2	Barbell Overhead Press	3	15	1 Min	
3	Dumbbell Push Press into Push Ups				*You can do push ups on your knees if you need too.
5	Finish with 1000m 100M Intervals 100m Sprint 100m Cruising until you reach 1km				

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