

Hand Release T-Push Up Workout #1

Super Set 1

SET	TIME PER SET	EXERCISE	REPS	WEIGHT	TARGET MUSCLE
1	60s	Dips	6 - As Many as Possible	Use Weights if Necessary	Chest & Triceps
2	60s	Rest/Assist			
3	60s	Wt. Front Raises (use KB, Plates or Sandbags)	12	Med	Shoulders
4	60s	Rest/Assist			
REPEAT ALL SETS			4x		
SUPER SET TOTAL TIME			16 Min		

Hand Release T-Push Up Workout #1 (cont.)

Super Set 2

SET	EST. TIME PER SET	EXERCISE	REPS	WEIGHT	TARGET MUSCLE
1	60s	Resistance T-Push Up (Plate or Band on Back)	8-12	Med/Heavy	Chest, Tris, Shoulders, Core
2	60s	Rest/Assist			
3	60s	Over Head Tricep Ext. (use Plates, KBs or Sand Bags)	16+	Light	Triceps & Shoulders
4	60s	Rest/Assist			
REPEAT ALL SETS			3x		
SUPER SET TOTAL TIME			12 Min		