

# Push Home Workout

## Chest Press/Chest Fly/Pesh-Ups

- Chest Press 15 repetitions
- Push-Ups 8 repetitions
- Chest Fly 15 repetitions
- Chest Press 15 repetitions
- Push-Ups 8 repetitions
- Chest Fly 15 repetitions
- Chest Press 15 repetitions
- Push-Ups 8 repetitions
- Chest Fly 15 repetitions

Chest Press



Push-Ups



Chest Fly



Shoulder Press/Lateral Arm Raise/Overhead Tricep Extension

Shoulder Press 15 repetitions  
Lateral Arm Raise 12 repetitions  
Overhead Ext 10 repetitions  
Shoulder Press 15 repetitions  
Lateral Arm Raise 12 repetitions  
Overhead Ext 10 repetitions  
Shoulder Press 15 repetitions  
Lateral Arm Raise 12 repetitions  
Overhead Ext 10 repetitions

Shoulder Press Lateral Arm Raise



Overhead Tricep Extension

