



**1 Arm ball press**

Start with shoulders and head resting on ball, with feet on floor keeping neutral spine with abs braced. Hold a dumbbell in 1 hand and press upward, then back down, repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Cable Chest Press**

Start holding handles of cables in both hands with back facing the machine. Keep elbows bent and arms out to the sides. Bring cables to front of the body and together, contracting the pecs and return to start

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
	2x/day

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Cable Fly**

Stand holding cables in each hand in front of body. Keeping elbows slightly bent, bring arms back until stretch is felt, then squeeze chest while bringing hands together.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Push-ups**

Start on hands and toes, keeping back flat. lower body to floor and push up to starting position. Repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Flies - Ball**

Lying on back over gym ball in a bridge position with weights raised up over chest, palms facing each other. Keep shoulder blades back and down, elbows slightly bent and maintain an abdominal hollow throughout motion. Lower weights out sideways in a circular motion until elbows are level with shoulders. Push weights back up to start position and repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



**Supine Scapular Protract - Ball**

Lying on back on gym ball in a bridge position holding weight straight up with arm extended. Press weight straight up toward ceiling, as if reaching, keeping the whole arm straight. Avoid shrugging shoulder.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



**Wall Push Up - Rocker**

Stand approximately 2 feet from wall and place rocker board against wall at chest height. Perform wall push ups on board while trying to keep board level. Keep hands flat on board, and maintain readiness position. Rotate board to repeat exercise with board rocking from side to side.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



**Serratus Punch - Bilat**

Wrap tubing around back and hold straight out in front with palms down and elbows slightly bent. Straighten elbows and reach straight forward (protraction) pulling tubing. Repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31