

Push Day

Chest / Shoulders / Chest priority

HYPERTROPHY · FST-7 FINISHER

WARM-UP

EXERCISE	SETS	REPS	REST	NOTES
Treadmill	1	10 min	—	Build general body heat
External + internal rotation superset	—	—	—	Light, cuff activation only
Med-ball chest passes	—	—	—	CNS primer

MAIN WORKOUT

EXERCISE	SETS	REPS	REST	NOTES
A · Plate-loaded chest press	4	5-8	—	Flat bench, chest priority. Last 2 sets: 3-1-1 tempo. Final set: full reps + lengthened partials
B · Lever overhead press	3	8-11	—	Plate-loaded lever, pronated grip. Stop at 2 RIR. Smooth press, ribs down
C · Alternating incline DB press	3	8-9 / arm	60 s	Hold the waiting arm at lockout. Control the eccentric
D · Plate-loaded fly	3	10-11	—	Pause in the stretch. Deep pec stretch every rep
E · Lateral raise machine	3	12	—	Strict tempo. Lead with the elbows, no swing
F · FST-7 fly finisher	7	8	30-45 s	Same fly. Stretch between sets. Last set: full reps + stretch partials to failure