

# Lean and Mean PHASE 1 DAY 1

## Push Workout

### Warm-up

Inch Worms 5-10 reps  
Band Pull Aparts 10-15 reps  
Band Presses 10-15 reps  
Wall Ball Toss 10-15 reps  
1 set each

### Strength

Incline Push-up 12-15 reps 3 sets  
Shoulder Press 12-15 reps 3 sets  
Pec Fly (peck deck) 12-15 reps 3 sets  
DB Lateral Raises 12-15 reps 3 sets

### Conditioning

30 sec Battle Ropes  
10 sec rest/transition  
30 sec Push Press  
10 sec rest/transition  
30 sec Wall Ball Toss

x4