

WILD WOMEN FITNESS

UPPER BODY GAINS



**BUILD THAT
UPPERBODY**



UPPER BODY GAINS

WEEK 3

DAY ONE

EXERCISE	SETS	REPS	WEIGHT	REST
BEAST HOLD DB ROWS	3	8 EACH ARM	2X6KG DB	45S
1/2 TURKISH GET UP	3	5 EACH SIDE	4KG/6KG KB	45S
BARBELL PUSH PRESS	1 1 1	6 4 2	65% OF 1RM 70% OF 1RM 75% OF 1RM	60S
SEATED STRICT BARBELL PRESS	3	5	65% OF 1RM	60S
WEIGHTED PLANK	3	MAX HOLD	UP TO 15KG PLATE	60S
BANDED RING DIPS (SUB BENCH DIPS)	4	6	SUB/SCALE AS NEEDED	60S
BANDED FACE PULLS	3	10 TOTAL	MEDIUM BAND	60S

PLEASE FILM BIG LIFTS FOR ME TO CHECK OVER!
SEND ME ANY QUESTIONS YOU HAVE.