

Pyramid TRAINING Push Workout

Name _____

Instructions: Choose your workout type. Perform a pyramid set workout by taking each set to From high repetitions lower weight then **increasing** your next set weight by 5-10% and **decreasing** your repetitions.

Circle ONE Mass or Tone 70%+ 45%+	Date:	Date:	Date:	Date:
Bench Press 1RM _____	4 x (12-10),10-8), (8-6), (6-Failure) Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-
Incline Press 1RM _____	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-
Shoulder Press 10RM _____	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-
Triceps Extension 10RM _____	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-
Chest Fly 10RM _____	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-
Chest Press 1RM _____	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-
Lateral Raise 10RM _____	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-
_____ 1RM _____	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-
Instructor signature				

Note:

- If you are training for Definition/Tone/Weight loss you sets should be 4 x (25-20), (20-15) , (15-10), (10-failure)
- If you do not reach muscle fatigue on your 4th set, do an addition 5th set to totally break down the muscles.