

# WORKOUT



## CHEST/TRICEPS

### LIGHT DAY

EXERCISE	SETS	REPS				
		CYCLE				
		1	2	3	4	5
Pushup	2	8	9	10	11	12
Cable Crossover <small>(SUPPORTED BY WORK)</small>	3	8	9	10	11	12
Bench Press	3	8	9	10	11	12
Incline Dumbbell Flye <small>(SUPPORTED BY WORK)</small>	3	8	9	10	11	12
Incline Dumbbell Bench Press	3	8	9	10	11	12
French Press	3	8	9	10	11	12
Rope Pushdown <small>(SUPPORTED BY WORK)</small>	3	8	9	10	11	12
Dumbbell Overhead Extension	3	8	9	10	11	12
Dumbbell Kickback	3	8	9	10	11	12

### HEAVY DAY

EXERCISE	SETS	REPS				
		CYCLE				
		1	2	3	4	5
Pushup	2	4	5	6	7	8
Flat Dumbbell Bench Press	5	4	5	6	7	8
Incline Dumbbell Bench Press	5	4	5	6	7	8
Close-grip Bench Press	5	4	5	6	7	8
Incline French Press	5	4	5	6	7	8



**DUMBBELL ROW**  
Row the weight toward your hip. This helps engage the lower portion of your lats, an area not targeted when you row toward your shoulder.

### AMINOS

The fastest, most efficient way to refuel your muscles and stop catabolism in the post-workout window is with the BCAAs leucine, isoleucine, and valine. These three powders all offer something different.



**AMINO STACK**  
In addition to BCAAs, contains glutamine and essential amino acids.



**AMINO PUMP**  
Contains leucine plus 3g creatine to support growth.



**BEST BCAA**  
Bucks convention by bonding leucine, isoleucine, and valine.



# Kinobody Workout

**M Carnoy**



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