

Tuesday Breakdown of Exercises

Triceps & Chest

Warm up

Left arm backwards circles x 4 and forwards x 4

Right arm backwards circles x4 and forwards x 4

Place hands onto shoulders and perform smaller circles x4 backwards and x 4 forwards

Hug a tree - Round forward to feel a stretch between the shoulder blades and then move into chest opener x4

4 x touch shoulders reach to ceiling, touch shoulders and back down to your sides

Main exercises (perform as a circuit)

Set 1

Triceps dip x12

Lying arm extensions x12 plus 20 pulses

Chest flys x12

Chest press x12

Overhead tricep extension x12

Set 2

Triceps push up x12 box position

Lying arm extensions x 12 weighted plus 20 pulses

Chest flys x 12 3 pulses and up

Chest press x 12 weighted

Overhead tricep extension x12 (sorry omitted on the video - still do it)

Set 3

Triceps push ups x 12 body weight over hands

Lying arm extensions x 12 plus 20 pulses

Chest flys x 12

Chest press x 12

Overhead tricep extensions x 12 (again they were forgotten!!)

Stretch chest

Stretch upper back

Stretch triceps