

BEAT THE HOLIDAYS CHALLENGE

Week 2 Workout 2

CHEST & BACK

SUPER-SETS	CHALLENGE LEVEL	REPS / SETS	WEIGHT / NOTES
1. PUSH-UPS	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	
2. FLAT BENCH DUMBBELL PRESS	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	
1. BAND ROWS	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	
2. BEND-OVER ROWS	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	
1. TIGER BEND PUSH-UPS	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	
2. DUMBBELL CHEST FLY	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	
3. CHEST FLY WITH RESISTANCE BAND	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	
1. GLUTE RAISES	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	
2. GOOD MORNING	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	
3. STRAIGHT LEGS DEADLIFT	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	
1. INCLINE PUSH-UP ON BENCH	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	
2. INCLINE BENCH PRESS	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	
1. SUPERMAN PULSE UP	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	
2. BACK EXTENSION ON A SWISS BALL	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	