

Full Gym Push Workout

THE LINEUP:

Big Lifts: 3x Rounds Each

- 12x Barbell Back Squats
- 12x Barbell Bench Press

Full Body Circuit: 3x Rounds OR 25 minute AMRAP
(you choose either the rounds OR AMRAP based on how much time you have in the gym)

- 12x KB Goblet Squats
- 12R/12L Half Kneeling SA DB Press
- 12R/12L DB Spit Squats
- 12x Push Ups
- 50x Jump Rope Singles

REPEAT 3x rounds, REST 0:30 seconds between each exercise, 0:60 seconds between each round

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