

DB Push Workout

THE LINEUP:

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

- 12x DB 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

GOAL: Increase weight on each exercise until you reach an 8-9/10 RPE, or until you are unable to safely increase weight, then maintain that weight for subsequent rounds.

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