



FIND YOUR STRENGTH

LOSTFIT.COM

SUPERHUMAN DEVELOPMENT

DAY 4: HYPERTROPHY PUSH DAY

Hypertrophy Push Day

1: Chest

Cable Crossovers 20 Reps

SS

Dips 12 Reps

Incline DB Press: 12 Reps

SS

Flat DB Press (Internal Rotation): 8 Reps

SS

Incline DB Flys: 15 Reps

SS

Flat DB Flys: 12 Reps

SS

Decline BB Press: 10 Reps

4 Rounds: 75 sec rest after each round

Hypertrophy Push Day

2: Shoulders

DB Military Press: 8 Reps

SS

Scott Press: 8 Reps

SS

Seated Lateral Raises: 15 Reps

SS

Rear Lateral Flys: 15 Reps

SS

Prone Incline DB Raises: 12 Reps

4 Rounds: 75 sec rest after each round

3: Triceps

A1: Skull Crushers: 12 Reps

SS

A3: Tate Press 15 Reps

SS

A5: Rope Extensions 12 Reps

A2: Overhead Extensions: 10 Reps A4: Overhead Rope Extensions 12 Reps

4 Rounds: 60 sec rest after each round: Start from A1 and go through A5