

HOME WORKOUT

BEGINNER CHEST & BACK

Want to get personalised workouts that are specific to your goals, with video instructions and progress tracking?

Check out our coaching service at:
thecarnivoredietcoach.com

A Warm Up

1



Jumping Jacks
Rest 0

2



Glute Bridge
Sets 3 Time 30 Sec Rest 0

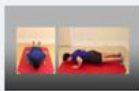
3



Cross Crunch
Sets 3 Time 30 Sec Rest 0

B Circuit

1



Press Up
Sets 3 Reps 10 or max Rest 0

2



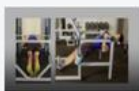
Chin Up
Sets 3 Reps 10 or max Rest 0

3



Bench Dips
Sets 3 Reps 10 or max Rest 0

4



Barbell Inverted Row - Supinated Grip
Sets 3 Reps 10 or max Rest 0

5



Press Up - Narrow Hands
Sets 3 Reps 10 or max Rest 0

6



Band Standing Wide Elbow Row
Sets 3 Reps 10 or max Rest 120s

Warm Up:

Perform each exercise for 30 seconds without rest for 3 rounds.

Circuit

Perform each exercise for 10 repetitions or your maximum repetitions if you can't complete 10.

Complete one set of each exercise without rest until all six exercises are complete.

Rest 120 seconds after each round and repeat for three rounds.