

Chest, Shoulder, and Tricep

Exercise	Week 5 191				Week 6 192				Week 7 193				Week 10 186				Week 12 186				SubTotal				
	R	W	Fact.	Total	R	W	Fact.	Total	R	W	Fact.	Total	R	W	Fact.	Total	R	W	Fact.	Total					
SlowMo 3in1 Push-Up	4	1	5	20	12	1	10	120	12	1	10	120	12	1	10	120	12	1	10	120	12	1	10	120	500
In & Out Shoulder Fly	16	5	1	80	16	12	1	192	16	12	1	192	16	12	1	192	16	12	1	192	16	12	1	192	848
Chair Dip	15	1	10	150	16	1	1	16	16	1	1	16	20	1	1	20	25	1	1	25					227
Plange Push-Up	8	1	10	80	10	1	10	100	10	1	10	100	10	1	10	100	11	1	10	110					490
Pike Press	12	1	10	120	14	1	10	140	15	1	10	150	15	1	10	150	20	1	10	200					760
Side Tri-Rise	15	1	1	15	10	1	1	10	12	1	1	12	15	1	1	15	15	1	1	15					67
Floor Fly	16	1	1	16	16	1	1	16	16	1	1	16	16	1	1	16	20	1	1	20					84
Scarecrow	15	5	1	75	10	12	1	120	12	12	1	144	12	12	1	144	14	12	1	168					651
Overhead Tricep Ext.	9	12	1	108	12	12	1	144	12	12	1	144	12	12	1	144	17	12	1	204					744
Two-Twitch Speed Push-Up	14	1	10	140	12	1	10	120	14	1	10	140	14	1	10	140	14	1	10	140					680
Y-Press	12	12	1	144	12	12	1	144	14	12	1	168	8	25	1	200	8	25	1	200					856
Lying Tricep Extension	12	12	1	144	14	12	1	168	14	12	1	168	16	12	1	192	7	25	1	175					847
Side to Side Push-Up	8	1	10	80	10	1	10	100	10	1	10	100	10	1	10	100	12	1	10	120					500
Pour Fly	12	5	1	60	8	12	1	96	8	12	1	96	9	12	1	108	9	12	1	108					468
Side-Leaning Tricep Ext.	12	12	1	144	12	12	1	144	12	12	1	144	12	12	1	144	7	25	1	175					751
One-Arm Push-Up	4	1	5	20	9	1	5	45	8	1	5	40	10	1	5	50	10	1	5	50					205
Weighted Circles	10	5	1	50	10	5	1	50	10	5	1	50	10	5	1	50	10	5	1	50					250
Throw the Bomb	12	12	1	144	12	12	1	144	13	12	1	156	12	12	1	144	8	25	1	200					788
Clap/Plyo Push-Up	10	1	5	50	12	1	5	60	16	1	5	80	10	1	10	100	12	1	10	120					410
Slo-Mo Throw	8	5	1	40	10	5	1	50	10	5	1	50	10	5	1	50	6	12	1	72					262
Front to Back Tricep Ext.	15	5	1	75	15	5	1	75	16	12	1	192	12	12	1	144	18	12	1	216					702
One-Arm Balance Push-Up	10	1	10	100	10	1	10	100	12	1	10	120	12	1	10	120	15	1	10	150					590
Fly-Row Press	8	12	1	96	8	12	1	96	9	12	1	108	10	12	1	120	6	25	1	150					570
Dumbbell Cross-Body Blow	15	12	1	180	16	12	1	192	16	12	1	192	8	25	1	200	12	25	1	300					1064
TOTALS	2131				2442				2698				2763				3280				13314				

Factor Ratings:

Push-Up: Normal = 10 Knee = 5 Assist = 3
 Pull-Up: Normal = 15 Black Band = 10 Red Band = 6 Green Band = 4