

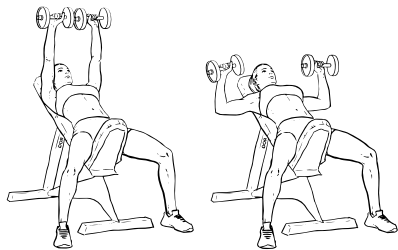
Peak Zone: Day 1 – Push & Pull

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52 min · Arms, Back, Chest, Legs, Shoulders

Welcome to workout number 1 of 3! Let's start out strong and finish strong on this one! Take each exercise as a new challenge, complete every rep, and show yourself how tough you are!

Incline Dumbbell Bench Chest Press

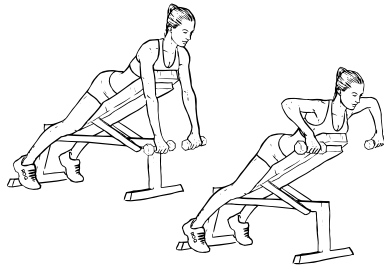


1:00
rest

4 sets 10 reps 60 sec rest

Keep that back engaged at all times with the bench!

Dumbbell Incline Bench Rows

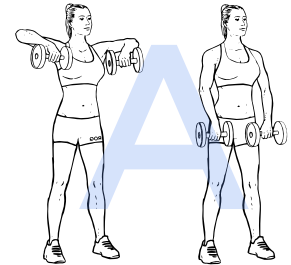


1:00
rest

4 sets 10 reps 60 sec rest

Pull your elbows close to your body. Check out the exercise instructions if necessary!

Upright Dumbbell Rows

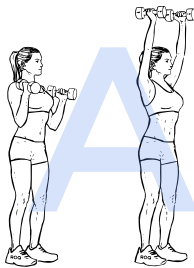


no
rest

3 sets 16 reps

Superset A1 · Use a lighter weight than usual here, these supersets will burn you out!

Standing Dumbbell Overhead Shoulder Press

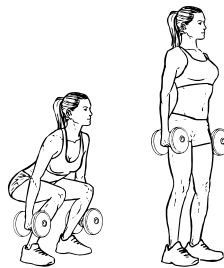


1:00
rest

3 sets 16 reps 90 sec rest

Superset A2 · Big pushes, no using your legs for help!

Dumbbell Squats

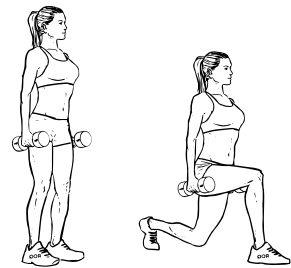


1:00
rest

4 sets 12 reps 60 sec rest

Try to hit a very tough 12 reps, keep that weight up!

Dumbbell Lunges

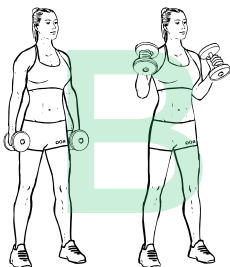


1:00
rest

4 sets 16 reps 60 sec rest

The further the step the more the glutes will work, the shorter the step the more the quads will work. You choose!

Standing Dumbbell Bicep Hammer Curls

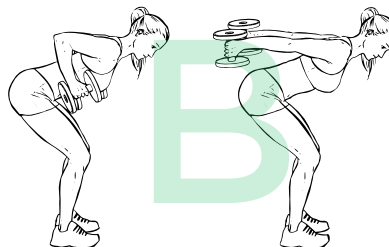


no
rest

3 sets 12 reps

Superset B1 · Our second superset, we are working opposite muscles here so no rest is necessary.

Bent Over Double Arm Tricep Kickbacks

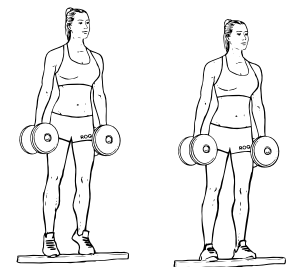


1:00
rest

3 sets 12 reps 90 sec rest

Superset B2 · No swinging, try to only move your lower arms!

Standing Dumbbell Calf Raises



50 reps

Complete these as fast as you can, you've made it through!



Incline Dumbbell Bench Chest Press

Primary muscle group(s):

Chest

Secondary:

Abs, Shoulders, Triceps

Set up an incline bench so the back rest is at about a 45 degree angle.

Hold a dumbbell in each hand with an overhand grip. (Palms facing away from you)

Sit on the bench with your feet flat on the floor and your back and shoulders pressed firmly back against the back rest.

Raise the dumbbells up to your shoulder level, keeping your elbows bent at 90 degrees.

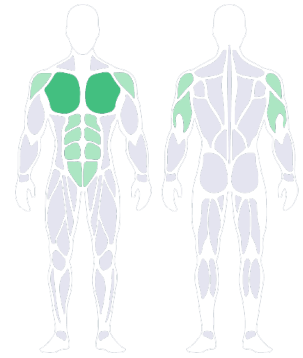
Push the dumbbells up and away from you using your shoulders and chest while straightening your arms.

Continue raising the dumbbells until your arms are straight and the dumbbells are suspended above your chest. Hold for a count of one.

Lower the dumbbells back towards your chest by relaxing your chest and shoulders while bending your elbows.

Hold for a count of one

Repeat.



Dumbbell Incline Bench Rows

Primary muscle group(s):

Lower Back, Middle Back / Lats

Secondary:

Biceps, Forearms, Shoulders

Lean forward into an incline bench

Using a neutral grip, hold a dumbbell in each hand so your palms are facing in.

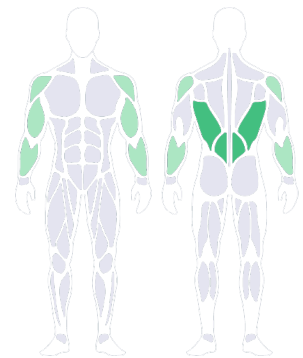
Your arms should be fully extended and hanging straight down. This is the start position.

Pull your shoulder blades back and flex your elbows to pull the dumbbells up to your sides.

Hold and squeeze your shoulder and back muscles.

Return to the start position in a slow, controlled movement.

Repeat.



Upright Dumbbell Rows

Primary muscle group(s):

Shoulders

Secondary:

Abs, Biceps, Forearms, Upper Back & Lower Traps

Holding a dumbbell in each hand, stand with your feet shoulder width apart.


The dumbbells should be resting on your thighs with your palms facing in.

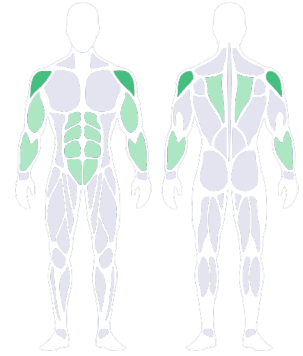
Lift the dumbbells straight up in single smooth movement until they are just below your chin making sure to keep your shoulders back and your elbows out.

At the top of the movement, flex or squeeze your biceps and forearms. Hold for a count of one.

Return to the starting position slowly to keep tension on the muscles.

Repeat.

 This exercise can be performed using a barbell, EZ bar or a cable station with a straight bar or EZ bar attachment.



Standing Dumbbell Overhead Shoulder Press

Primary muscle group(s):

Shoulders

Secondary:

Abs, Neck & Upper Traps, Triceps

Holding a dumbbell in each hand, stand straight, with your feet shoulder width apart.

Raise the dumbbells to head height by rotating your arms forward and up.

Your triceps should be parallel to the floor and your elbows bent at 90 degrees. This is the start position.

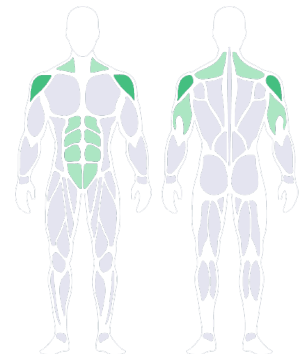
Keeping your back straight and using only your arms, extend through your shoulders and elbows to drive the dumbbells straight up, exhaling as you do so.

As your arms reach the fully extended position, bring them in towards each other until the dumbbells touch lightly together.

Hold for a count of one, while squeezing your shoulder muscles.

In a controlled movement, return to the starting position, inhaling as you do so.

Repeat.



Dumbbell Squats

Primary muscle group(s):

Quadriceps

Secondary:

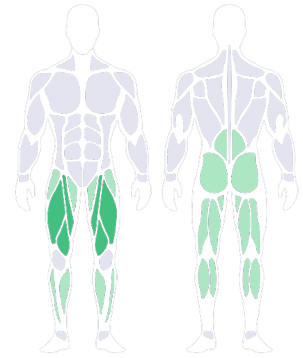
Calves, Glutes & Hip Flexors, Hamstrings, Lower Back

With your feet shoulder-width apart, stand with dumbbells as your sides with your palms facing each other.

Keeping your back straight and facing forward, squat down until your thighs are parallel to the floor.

Pause for one second.

Pushing up from your heels, raise back up to starting position and repeat.



Dumbbell Lunges

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings

Holding a dumbbell in each hand, stand with your feet shoulder width apart.

Keep your shoulders back. And your back straight.

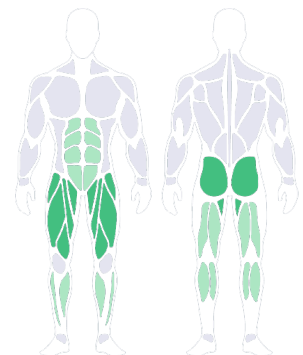
Take a long stride forward with your right leg. Your right foot should be in a position, that when you bend your right knee, your upper and lower leg form a 90 degree angle.

Slowly bend both your knees, to lower your hips until your left (rear) knee is just above the floor. Hold for a count of one.

Return to the start position by slowly straightening your legs and raising your body back to a standing position.

Complete all the repetitions for one set full set, then switch legs, or you can alternate between legs for each rep.

! Do not let your knee travel past your toes in the down position as this can cause instability and injury.



Standing Dumbbell Bicep Hammer Curls

Primary muscle group(s):

Biceps

Secondary:

Forearms

Stand straight holding a dumbbell in each hand with a neutral grip.

Keep your arms fully extended with your palms facing in to your sides.

Keep your elbows tucked in to your sides. This is the start position.

Keeping your upper arm stationary, exhale and curl the dumbbells up towards your shoulders.

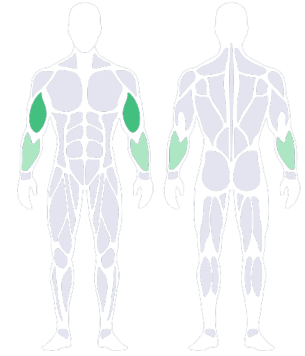
Continue raising the dumbbells until your biceps are fully contracted and the dumbbells are at shoulder level.

Hold for a count of one and squeeze your biceps.

Return to the start position in a smooth movement, inhaling as you do so.

Repeat.

! There are many ways to perform this movement. Other examples include; sitting with or without back support, using alternating arms and also using a cable station's lower pulley.



Bent Over Double Arm Tricep Kickbacks

Primary muscle group(s):

Triceps

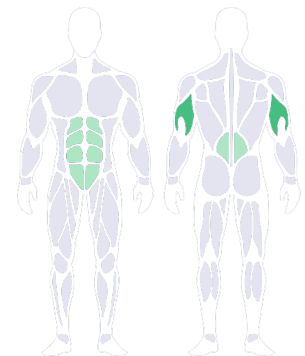
Secondary:

Abs, Lower Back

Holding a pair of dumbbells with an overhand grip, stand tall with your chest up and core braced. Bend at the hips while keeping your back completely flat.

Once your upper body is parallel with the floor, bring your upper arms to your sides. Begin by pushing the dumbbells back and behind you.

Pause at the top of the movement and feel the contraction in your triceps. Slowly lower the dumbbells and begin again.



Standing Dumbbell Calf Raises

Primary muscle group(s):

Calves

Place an exercise step or something similar on the floor in front of you. It should be two or three inches high.

Holding a dumbbell in each hand, place your toes and the balls of your feet on the step. Make sure the arches of your feet are not on the step and your heels are on the floor.

Raise your heels as high as possible by pushing through the balls of your feet and toes while extending your ankles. Hold for a count of one.

Return to the starting position by bending your ankles until you feel a stretch in your calves.

Repeat.

