



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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## THE EVOLVING PUSH DAY WORKOUT W/ JOHN JEWETT

Spice up your push day by performing this perfectly crafted push workout routine designed by John Jewett. This routine hits the shoulders, chest, & triceps.

Link to Workout: <https://www.muscleandstrength.com/workouts/evolving-push-day-workout>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 6 Weeks

**Days Per Week:** 2 Days

**Time Per Workout:** 60 - 75 Mins

**Equipment:** Cables, Machines

**Target Gender:** Male & Female

**Author:** [Team Animal](#)

## The Evolving Push Day Workout

Exercise	Sets	Reps
<a href="#">Cable Upright Row</a> (Rest-Pause)	2	15 - 20 , 20 - 25
<a href="#">Hammer Strength Flat Press</a>	2	8 - 10 , 15 - 18
Hammer Strength Decline Press	2	8 - 10 , 15 - 18
<a href="#">Smith Machine Military Press</a>	2	8 - 10 , 15 - 18
Lying Cable Lateral Raise	3	Failure
<a href="#">Incline Cable Fly</a>	3	Failure
A1. <a href="#">Cable Overhead Tricep Extension</a>	3	15 - 20
A2. <a href="#">Dips</a>	3	15 - 20

\*Warm up sets are not included in the workout table, complete 2 - 3 warm up sets for each exercise.

\*All work sets listed are to be taken to muscular failure. If form breaks then that is counted as muscular failure of the intended muscle working.

