



GENXSPARTAN

PUSH A WORKOUT

6-DAY PPL SERIES (1 OF 6)

Push A: the opening battle. Chest, shoulders, and triceps fresh and hungry. Today we set the tone for the entire week—hit it hard enough and the rest of the program knows you mean business. No mercy on Day 1. This is how Spartans start wars. 

EXERCISE	SET	REPS	BODYWEIGHT OPTION	EASIER Beginner / Beat-up	HARDER Advanced Spartan Mode
DB Floor Press	4	6–8	Standard Push-Ups	Knee Push-Ups	1.5-Rep DB Floor Press
Incline DB Press (30–45°)	3	8–10	Pike Push-Ups	Incline Push-Ups on Box	Slow Eccentric Incline Press
Double KB/DB Overhead Press	4	6–8	Wall Handstand Push-Ups	Seated DB Press (light)	Strict + 3-sec Pause at Bottom
DB Lateral Raises	3	12–15	Band Lateral Raises	Partial Range	Drop Set to Failure
Single-Arm KB Overhead Extension	3	10–12 /arm	Diamond Push-Ups	Bench Dips	Skull Crushers + Close-Grip Superset
Machine Chest Press (4-sec eccentric)	3	10–12	Standard Push-Ups	Knee Push-Ups	Drop Set + Pause at Stretch
Cable Crunches or KB Pullover Crunch	3	15–20	Bodyweight Crunches	Feet on Floor	Weighted + Slow Negative