



CHEST & TRICEPS

CHEST • TRICEPS • PUSH

WELCOME

Welcome to JWS Fitness — and to The JWS Performance System.

This guide shares the training structure I've personally used throughout my own fitness journey. I'm not a certified personal trainer or medical professional, and this isn't intended to replace professional advice.

It's simply the program that has worked well for me — and something I wanted to share with the community.

Whether you're looking to build strength, improve consistency or simply enjoy training, I hope this guide gives you some structure and motivation. You're not being coached from above here — you're training alongside me.

TRAIN SMART ♦ STAY CONSISTENT ♦ ENJOY THE JOURNEY

— Shannon

WHAT'S INSIDE

CHEST & TRICEPS — PUSH STRENGTH

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• THE FULL SYSTEM

THE JWS PERFORMANCE SYSTEM — ONE EBOOK PER DAY

DAY 01	Squat Focus — Quads · Glutes · Calves
DAY 02	Chest & Triceps — Push Strength THIS BOOK
DAY 03	Back & Biceps — Pull Strength
DAY 04	5 km Performance Run — Conditioning
DAY 05	Deadlift Focus — Posterior Chain
DAY 06	Shoulders & Core — Stability · Strength

THE JWS METHOD

HOW I APPROACH EVERY WEEK

TRAIN.

Show up and do the work. I chase progressive overload — a little more weight, one more rep, slightly better form than last week. Small wins, stacked relentlessly.

FUEL.

Food is fuel, not the enemy. Protein with every meal, water within reach all day, and enough on the plate to actually support the training. I don't earn food — I use it.

PERFORM.

Every session gets logged. Weights, reps, how it felt. What gets measured improves — the numbers keep me honest on the days motivation doesn't show up.

REPEAT.

Consistency beats intensity, every time. Six training days, one rest day, every week. The system only works if you keep showing up — so that's the whole job.

CHEST & TRICEPS

PUSH STRENGTH

7 EXERCISES · ~55 MIN · 4-WEEK PROGRAM

• WARM-UP — 7 MIN

01 Assault bike — 7 min, steady pace

• THE PROGRAM — 4-WEEK PROGRESSION

HOW I RUN THIS PROGRAM

I repeat this day each week for four weeks, adding weight as the reps come down: **WK 1** ×15 → **WK 2** ×12 → **WK 3** ×8 → **WK 4** ×12 — with the main lift switching to heavy **5×5** strength work.

1 **Barbell Bench Press**

TARGETS: CHEST · TRICEPS

4×15	4×12	4×8	5×5
WK 1	WK 2	WK 3	WK 4



TEMPO 3-1-1 ♦ REST 90s ♦ INTERMEDIATE ♦ BARBELL · BENCH

♦ **Cue:** Pin your shoulder blades back and down, feet planted — drive the bar in a slight arc toward your face.

WATCH FOR flaring elbows to 90° · bouncing off the chest · feet shuffling mid-set

No gear? Dumbbell bench press · Machine chest press · Weighted push-ups

CHEST & TRICEPS

PUSH STRENGTH

7 EXERCISES · ~55 MIN · 4-WEEK PROGRAM

• THE PROGRAM — CONTINUED

2 Barbell Incline Bench Press

TARGETS: UPPER CHEST



4×15	4×12	4×8	4×12
WK 1	WK 2	WK 3	WK 4

TEMPO **3-1-1** ♦ REST **90s** ♦ **INTERMEDIATE** ♦ BARBELL · INCLINE BENCH

♦ **Cue:** *Bench around 30° — touch just below the collarbones and press up and slightly back.*

WATCH FOR bench set too steep · bouncing off the chest · losing the arch

No gear? Incline DB press · Incline machine press · Feet-elevated push-up

♦ **PRESSING TIP**

On every press I think about pushing myself away from the bar, not the bar away from me — it keeps my upper back tight and the bar path honest.

♦ **HIIT PACING**

Max effort on the bike means exactly that — all seven rounds. The push-ups straight after are done on tired arms on purpose. If round 7 looks like round 1, I didn't sprint hard enough.

CHEST & TRICEPS

PUSH STRENGTH

7 EXERCISES · ~55 MIN · 4-WEEK PROGRAM

• THE PROGRAM — CONTINUED

SUPERSET · 4 ROUNDS

3 Incline Dumbbell Fly

TARGETS: UPPER CHEST

4×15

WK 1

4×12

WK 2

4×8

WK 3

4×12

WK 4

TEMPO 2-1-2 ♦ BEGINNER ♦ DUMBBELLS · INCLINE BENCH

♦ **Cue:** Soft elbows, big stretch across the chest — hug a barrel back to the top, don't press.

WATCH FOR turning it into a press · dropping too deep too fast · clanging the bells

No gear? Cable fly (low-to-high) · Pec-deck



4 Decline Dumbbell Fly

TARGETS: LOWER CHEST

4×15

WK 1

4×12

WK 2

4×8

WK 3

4×12

WK 4

TEMPO 2-1-2 ♦ BEGINNER ♦ DUMBBELLS · DECLINE BENCH

♦ **Cue:** Same arc, new angle — sweep wide and squeeze the bells together over the lower chest.

WATCH FOR rushing the stretch · bending the elbows more as you tire · arching off the bench

No gear? Cable fly (high-to-low) · Dips (chest lean)



5 Triceps Kickback

TARGETS: TRICEPS

4×15

WK 1

4×12

WK 2

4×8

WK 3

4×12

WK 4

TEMPO 2-1-2 ♦ BEGINNER ♦ DUMBBELLS

♦ **Cue:** Hinge over, pin the upper arm parallel to the floor — only the forearm moves, squeeze at full lockout.

WATCH FOR swinging the whole arm · elbow dropping · no pause at lockout

No gear? Rope pushdown · Overhead extension



Rest 90s after each full round

CHEST & TRICEPS

PUSH STRENGTH

7 EXERCISES · ~55 MIN · 4-WEEK PROGRAM

• THE PROGRAM — CONTINUED

HIIT CIRCUIT · 7 ROUNDS

6 Assault Bike Sprint
TARGETS: FULL BODY · ENGINE

250 M

DIST

MAX

EFFORT

7

ROUNDS

90 S

REST



ALL LEVELS ♦ ASSAULT BIKE

♦ **Cue:** Empty the tank — drive hard with the legs and rip the handles. 250 metres, nothing held back.

WATCH FOR pacing yourself · legs only, arms loose · sitting up and coasting the last 50 m

No gear? Rower 250 m sprint · Bike sprint 30 s · Hill sprint

7 Push-Ups
TARGETS: CHEST · TRICEPS

ROUND

EVERY

20

REPS

STRICT

TEMPO

BIKE

OFF THE



ALL LEVELS ♦ NONE

♦ **Cue:** Straight off the bike, straight down — full range, chest to an inch off the floor, every rep.

WATCH FOR sagging hips as you tire · half reps · resting at the top too long

No gear? Knee push-ups · Incline push-ups

Rest 90s after each round — all seven rounds at max effort

CHEST & TRICEPS

PUSH STRENGTH

7 EXERCISES · ~55 MIN · 4-WEEK PROGRAM

● **SESSION TRACKER** DATE ____ / ____ / ____

BODYWEIGHT _____	SLEEP HRS _____	WATER (L) _____	MOOD /5 _____	ENERGY /5 _____	DURATION _____
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● **LIFT LOG**

EXERCISE	SET 1	SET 2	SET 3	SET 4
Barbell Bench Press	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___
Barbell Incline Bench Press	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___
Incline Dumbbell Fly	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___
Decline Dumbbell Fly	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___
Triceps Kickback	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___

PERSONAL BEST THIS SESSION

☐ Session complete

TODAY'S FOCUS

● **NOTES**

ONE THING I FOCUS ON

Add weight every week as the reps drop. Week 4 is the 5x5 strength test on the bench — shoulder blades pinned, feet planted, every rep. Then the HIIT circuit empties whatever is left in the tank.

RECOVERY PRINCIPLES

THE TRAINING YOU DON'T SEE

01 Sleep is where the growth happens

I aim for 7–9 hours. Training breaks the muscle down — sleep is when it rebuilds. Skipping it means training twice for half the result.

02 The rest day is part of the program

Day 7 isn't a reward — it's built in. Six days on, one day fully off. Take it without guilt; it's a given.

03 Easy movement beats the couch

When I'm sore, a gentle walk does more than sitting still ever will. Blood flow is recovery.

04 Hydrate all day, not just at the gym

Water bottle within reach from the moment I wake up. It's the cheapest performance upgrade there is.

05 Soreness is fine — pain is a signal

Muscle soreness comes with the work. Sharp or joint pain doesn't — that's my cue to back off and sort it before pushing on.

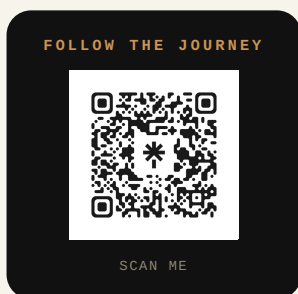


ABOUT SHANNON

G'day — I'm Shannon. I'm not a coach or a trainer; I'm just someone who fell in love with training and decided to document the whole journey.

The JWS Performance System is the exact program I follow week to week. Sharing it is my way of giving something back to the community that follows along — and hopefully making it easier for you to stay consistent too.

If you train with one of these guides, I'd genuinely love to hear how it goes.



GREAT WORK

You completed another workout.

Progress isn't built in one session — it's built by
showing up consistently.

Keep improving. Keep learning. Keep moving forward.

See you in the next workout.

TRAIN • FUEL • PERFORM



SCAN TO FOLLOW THE JOURNEY

JWS FITNESS

BEFORE YOU TRAIN

PLEASE READ — THE IMPORTANT STUFF

This guide is for educational purposes only. It documents my personal training program and experience. It is not medical advice, and I'm not a certified trainer, dietitian, physiotherapist or medical professional.

Check with your doctor first. Before beginning this or any exercise program, consult a qualified medical professional — especially if you have any existing injuries or health conditions.

Listen to your body. Exercise carries inherent risk. If you feel pain (not to be confused with normal training effort), stop the movement and seek appropriate advice before continuing.

Your training is your responsibility. By following this guide you participate voluntarily and accept responsibility for your own training decisions. Results vary from person to person, and no specific outcome is guaranteed.

Train smart, progress at your own pace, and enjoy the process.