

PRE PARTY PUMP WORKOUTS

WHEN YOU **NEED TO**
LOOK YOUR BEST **TONIGHT**



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The Pre Party Pump Workout

Thanks for downloading your Sample Pre Party Pump Workout.

This workout was designed to give you a long lasting massive pump that will have you looking your best for whatever you are heading out to do this weekend.

If you like the way you feel after you give this workout a try...

You are in luck.

I have just released my newest product the Pre Party Pump Workouts and I am offering it as crazy 75% off discounted price.

Pre Party Pump is 12 workouts I designed and tested that give you the best pump and will have you leaving the gym looking jacked and shredded for any situation you feel you need to look your absolute best.

This sample workout and huge discount are my way of saying thank you for reading my emails and generally just being an awesome person.

On the next page is your workout to try this evening...



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The Workout

EXERCISE	SETS	REPS
CHEST:		
Flat Bench Press - (Max reps with 95 or 135lbs)	3	Max
Do 3 sets resting 1 minute between each set.		
ARMS:		
Ez Bar Curls	4	10-12
Seated Incline Dumbbell Curls	4	10-12
Tricep Pushdowns	4	20
Reverse EZ Bar Curls	4	10-12
Do this with no rest between each lift. Rest for 1 minute and repeat 4 times		
SHOULDERS:		
Seated Dumbbell Military Press	4	10-12
Standing Rear Delt Raise	4	10-12
Seated Front Plate Raise	4	10-12
Do these no rest between each lift for desired reps, rest 1 minute and repeat 4 times.		

After you complete this workout proceed to go about your night feeling awesome.

[Click Here To Learn More About The Pre Party Pump Workouts](#)