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# WORKOUT 4

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## Week 4: Dumbbell Weight Training with CrossFit Workouts

This week will focus on **building muscle** in your **chest (including upper chest)** and deltoids and creating that defined **"Y" shape** from your arm to your shoulder (deltoid). You'll also incorporate **cardio** for fat loss to show off those muscles. Additionally, we'll tie in some **boxing-focused drills** to keep you sharp and improve your punch power.

### 1. Chest Development with Upper Chest Focus:

- **Targeted Chest Work:** The plan emphasizes building muscle in your **pectoralis major** and **upper chest** through movements like **incline dumbbell press**, **elevated push-ups**, and **dumbbell bench press**. These exercises are designed to develop and define your chest muscles, particularly the **upper chest**, creating that balanced, sculpted look.
- **Progressive Overload:** By consistently increasing weights or reps, your upper chest will grow stronger and more defined. You'll also engage secondary muscles like your **subscapularis** and **serratus anterior**, which support upper chest growth.

### 2. Deltoid Development for the "Y" Shape:

- **Deltoid Isolation:** Movements like **lateral raises**, **front raises**, and **Arnold presses** specifically target the **anterior**, **medial**, and **posterior deltoid heads**. This focus on the deltoids will help you develop that coveted **"Y" shape**, adding width and definition to your shoulders.
- **Shoulder Strength & Definition:** By working all parts of the deltoid, you'll enhance shoulder width and achieve a more athletic, defined look. Exercises like **shoulder presses** and **Arnold presses** provide compound strength while isolation exercises like **lateral raises** fine-tune muscle definition.

### 3. Fat Loss & Muscle Definition:

- **Cardio & Fat Burn:** High-intensity intervals, such as **mountain climbers**, **burpees**, and **jump squats**, combined with **boxing drills**, help burn calories and reduce overall body fat. These workouts elevate your heart rate and improve endurance while shedding fat around your chest and shoulders, allowing muscles to become more visible.
- **Full-Body Workouts:** The **EMOM** and **AMRAP** workouts integrate full-body conditioning with a focus on the upper body, ensuring fat loss and muscle growth simultaneously.

### 4. Boxing Power Integration:

- **Punch-Specific Training:** Exercises like **dumbbell punches**, **shadowboxing**, and **weighted hooks** enhance punching mechanics while engaging your **core**, **chest**, and **shoulders**. These movements will build strength and explosive power in your **jab**, **hook**, and **cross punches**.
- **Rotational Strength:** By combining boxing movements with dumbbell exercises, you'll improve your **rotational power**, crucial for generating force in your punches. This leads to better punch speed, accuracy, and power.

### 5. Diet & Recovery:

- **Diet:** A **high-protein diet** is essential to complement the muscle-building focus of this plan. Eating the right amount of calories, particularly from lean proteins, will help you build muscle while losing fat.
- **Recovery:** Ensure adequate rest, stretching, and hydration to support recovery. This plan includes an optional **active recovery day** or a lighter day of training to ensure muscle repair and reduce the risk of injury.

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## Summary:

This **7-day CrossFit-style workout plan** focuses on **building your chest and deltoids**, with a particular emphasis on the **upper chest** and **shoulder definition**. The mix of **dumbbell-based strength exercises**, **boxing drills**, and **high-intensity cardio** ensures a well-rounded approach to muscle building and fat loss. By targeting the **pectoralis major**, **subscapularis**, and **deltoids**, you'll develop a more defined and muscular upper body while burning fat to reveal muscle tone. Combined with proper nutrition and recovery, this plan will help you achieve a **leaner**, more **defined chest and shoulders**, with noticeable improvements in your boxing power and overall physique.

## Weekly Structure:

- **Chest Focus:** Targeting the **pectoralis major, upper chest**, and surrounding muscles.
- **Shoulder Focus:** Defining and building the **deltoids** for a broader, more athletic "Y" shape.
- **CrossFit Conditioning:** High-intensity intervals to burn fat and maintain cardio endurance.
- **Boxing-Specific Drills:** To strengthen your punching mechanics and add some explosiveness to your workout.

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### Day 1: Upper Chest & Delts + Boxing Power

#### Warm-Up (5-10 minutes):

- **Shadowboxing** – 3 minutes (focus on jabs, hooks, and quick footwork)
- **Dynamic stretches:** Shoulder circles, chest openers, arm swings

#### WOD: Upper Chest & Shoulder Circuit (AMRAP – 20 minutes)

1. **Incline Dumbbell Press** – 10 reps  
(Focus on bringing the dumbbells down slowly to emphasize your upper chest and pushing explosively.)
2. **Dumbbell Arnold Press** – 10 reps  
(Rotate your wrists as you press overhead, engaging all parts of the deltoid for that "Y" shape.)
3. **Push-Ups (Feet Elevated)** – 12 reps  
(Place your feet on a surface like a bench or box to hit the upper chest harder.)
4. **Front Dumbbell Raises** – 12 reps  
(Focus on lifting the dumbbells with control, using the front delts.)
5. **Shadowboxing (with Dumbbells)** – 1 minute  
(Use light dumbbells and throw controlled punches, focusing on form and power.)

**Goal:** Complete as many rounds as possible within 20 minutes, keeping intensity high but maintaining good form.

#### Cardio Finisher:

- **Mountain Climbers** – 30 seconds
- **Burpees** – 30 seconds
- **Rest** – 30 seconds  
Repeat for 3 rounds

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### Day 2: Full Chest & Shoulder Power + Fat Burn

#### Warm-Up (5-10 minutes):

- **Shadowboxing** – 3 minutes (focus on fast hooks and crosses)
- **Dynamic stretching:** Chest and shoulder stretches

#### WOD: Strength EMOM (Every Minute on the Minute – 20 minutes)

Alternate between these two movements:

1. **Minute 1: Dumbbell Bench Press**  
– 10 reps  
(Press with a neutral grip to target both the chest and shoulders.)
2. **Minute 2: Lateral Raises**  
– 12 reps  
(Focus on raising the dumbbells out to the side to shoulder height. This targets the lateral delts, helping define that "Y" shape.)

#### Core & Boxing Circuit (AMRAP – 10 minutes)

1. **Push-Ups**  
– 15 reps  
(Focus on explosiveness to build muscle and burn fat simultaneously.)
2. **Dumbbell Punches (Crosses)**  
– 20 reps (10 each arm)  
(Using light dumbbells, throw controlled
- right crosses. Engage your core and shoulders.)
3. **Plank with Shoulder Taps**  
– 20 reps (10 each side)  
(This will work your core and shoulders, helping with stabilization and punch power.)

## Weekly Structure:

- **Chest Focus:** Targeting the **pectoralis major, upper chest**, and surrounding muscles.
  - **Shoulder Focus:** Defining and building the **deltoids** for a broader, more athletic "Y" shape.
  - **CrossFit Conditioning:** High-intensity intervals to burn fat and maintain cardio endurance.
  - **Boxing-Specific Drills:** To strengthen your punching mechanics and add some explosiveness to your workout.
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## Day 3: Upper Chest & Boxing Power

### Warm-Up (5-10 minutes):

- **Shadowboxing** – 3 minutes (focus on uppercuts and crosses)
- **Dynamic stretching:** Shoulder and chest openers

### WOD: Chest & Shoulder Chipper (For Time)

Complete the following exercises in order:

1. **Incline Dumbbell Press**  
– 50 reps  
(Break into sets as needed, focus on working the upper chest.)
2. **Dumbbell Front Raises**  
– 50 reps  
(Target the front delts)
3. **Push-Ups**  
– 50 reps  
(Normal push-ups, focusing on chest engagement.)
4. **Dumbbell Lateral Raises**  
– 50 reps  
(Keep your arms straight and raise the dumbbells to shoulder height.)
5. **Shadowboxing**  
– 3 minutes  
(Fast combos with focus on punch mechanics.)

**Goal:** Complete all reps as fast as possible while maintaining form.

### Core Finisher (3 rounds):

- **V-Ups** – 15 reps
  - **Plank Hold** – 1 minute
  - **Toe Touches** – 20 reps
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## Day 4: Delts & Boxing Conditioning

### Warm-Up (5-10 minutes):

- **Shadowboxing** – 3 minutes (focus on fast footwork, jabs, and crosses)
- **Dynamic stretching:** Shoulder and arm circles

### WOD: Shoulder & Punch Power Circuit (AMRAP – 20 minutes)

1. **Dumbbell Shoulder Press**  
– 12 reps  
(Press overhead, focusing on pushing through the delts.)
2. **Dumbbell Punches (Hooks)**  
– 20 reps (10 each side)  
(Using light dumbbells, throw controlled hook punches, focusing on form and power.)
3. **Push-Ups with Shoulder Taps**  
– 12 reps  
(Perform a push-up, then tap the opposite shoulder at the top of each rep.)
4. **Lateral Dumbbell Raises**  
– 12 reps  
(Target the lateral delts for added shoulder definition.)
5. **Jumping Jacks**  
– 1 minute  
(Elevate your heart rate and burn calories.)

## Weekly Structure:

- **Chest Focus:** Targeting the **pectoralis major, upper chest**, and surrounding muscles.
  - **Shoulder Focus:** Defining and building the **deltoids** for a broader, more athletic "Y" shape.
  - **CrossFit Conditioning:** High-intensity intervals to burn fat and maintain cardio endurance.
  - **Boxing-Specific Drills:** To strengthen your punching mechanics and add some explosiveness to your workout.
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## Day 5: Upper Chest Strength & Fat Loss

### Warm-Up (5-10 minutes):

- **Shadowboxing** – 3 minutes (focus on jabs and uppercuts)
- **Dynamic stretching:** Chest openers, shoulder stretches

### WOD: Strength EMOM (Every Minute on the Minute – 20 minutes)

Alternate between these two movements:

1. **Minute 1: Incline Dumbbell Press**  
– 10 reps  
(Focus on pushing with your upper chest and controlling the descent.)
2. **Minute 2: Dumbbell Arnold Press**  
– 10 reps  
(This will target your deltoids and help develop shoulder stability.)

### Boxing Power Circuit (AMRAP – 10 minutes)

1. **Dumbbell Hooks**  
– 20 reps (10 each side)  
(Focus on rotating through your hips and engaging your core.)
  2. **Jump Squats**  
– 15 reps  
(Explosive squats to elevate heart rate and burn fat.)
  3. **Plank with Shoulder Taps**  
– 20 reps (10 each side)  
(Strengthens the core and shoulders.)
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## Day 6: Full Chest & Delts + Boxing Power

### Warm-Up (5-10 minutes):

- **Shadowboxing** – 3 minutes (focus on fast combos, including jabs and crosses)
- **Dynamic stretching:** Shoulder and chest stretches

### WOD: Chest & Shoulder Circuit (AMRAP – 20 minutes)

1. **Dumbbell Bench Press**  
– 12 reps  
(Work on overall chest development.)
2. **Dumbbell Lateral Raises**  
– 15 reps  
(Work the lateral delts for shoulder definition.)
3. **Push-Ups (Wide Grip)**  
– 15 reps  
(Focus on chest engagement.)
4. **Dumbbell Front Raises**  
– 12 reps  
(Target the front deltoids for shoulder development.)
5. **Shadowboxing (Fast Combos)**  
– 1 minute  
(Work on speed and footwork.)

## Weekly Structure:

- **Chest Focus:** Targeting the **pectoralis major**, **upper chest**, and surrounding muscles.
  - **Shoulder Focus:** Defining and building the **deltoids** for a broader, more athletic "Y" shape.
  - **CrossFit Conditioning:** High-intensity intervals to burn fat and maintain cardio endurance.
  - **Boxing-Specific Drills:** To strengthen your punching mechanics and add some explosiveness to your workout.
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## Day 7: Active Recovery or Optional Chest & Shoulder Burn

### Option 1: Active Recovery:

- **Stretching or Yoga** – 20-30 minutes  
Focus on mobility and flexibility for the chest, shoulders, and arms.

### Option 2: Chest & Shoulder Burn (AMRAP – 15 minutes):

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|---|--|--------------------------------------|
| 1. <b>Incline Push-Ups</b><br>– 15 reps | 2. <b>Dumbbell Lateral Raises</b><br>– 12 reps | 3. <b>Shadowboxing</b><br>– 1 minute |
|   |  | 4. <b>Push-Ups</b><br>– 15 reps      |
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## Summary:

This **7-day CrossFit-style workout plan** focuses on building muscle in your **upper chest** (specifically the **pectoralis major**) and **shoulders** (with emphasis on the **deltoids**). You'll work towards achieving a well-defined "**Y**" shape from your arms to your deltoids through a combination of **dumbbell weight training** and **high-intensity functional movements**.

### Key Focus Areas:

1. **Upper Chest Development:** Exercises like **incline dumbbell press** and **elevated push-ups** specifically target the **upper chest**, helping build size and definition.
2. **Deltoid Definition:** Exercises such as **lateral raises**, **Arnold presses**, and **shoulder presses** will target all three heads of the deltoid, creating that well-defined "Y" shape from the shoulder to the arm.
3. **Boxing Punch Power:** **Dumbbell punches** and **shadowboxing** will improve the power and technique of your punches while engaging your **core** and **shoulders**.
4. **Cardio for Fat Loss:** The inclusion of **HIIT-style circuits**, **shadowboxing**, and **jump squats** will help burn calories, reduce body fat, and reveal the muscles you're building.

Pair this plan with a **calorie-controlled, high-protein diet** for optimal results in muscle building and fat loss, allowing you to **get leaner** while developing a stronger, more defined chest and shoulder structure.

## Disclaimer

*I am not a certified nutritionist, dietitian, or physician. The following nutrition plan is a general guide based on common principles for weight management and fitness goals. Before starting any diet or fitness program, you should consult a licensed physician, nutritionist, or healthcare provider to ensure the plan is suitable for your personal needs and medical history.*

## Workout 4 - Weekly Nutrition Plan

### Light Weight Loss / Maintenance (2000-2200 kcal/day)

- **Protein:** 30%
  - **Carbs:** 40%
  - **Fats:** 30%
  - **Protein Sources:** Chicken, fish, beef, plant-based options (tofu, tempeh).
  - **Carbohydrate Sources:** Whole grains (brown rice, quinoa), fruits (bananas, berries), vegetables.
  - **Fat Sources:** Avocados, olive oil, nuts, seeds, fatty fish.
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### Moderate Weight Loss (1700-1900 kcal/day)

- **Protein:** 35%
  - **Carbs:** 30%
  - **Fats:** 35%
  - **Protein Sources:** Chicken, turkey, eggs.
  - **Carbohydrate Sources:** Whole grains, veggies.
  - **Fat Sources:** Olive oil, nuts.
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### Aggressive Weight Loss (1400-1600 kcal/day)

- **Protein:** 40%
- **Carbs:** 20%
- **Fats:** 40%
- **Protein Sources:** Lean chicken, egg whites.
- **Carbohydrate Sources:** Low-starch vegetables.
- **Fat Sources:** Seeds, avocados, olive oil.