



CHEST/TRICEPS – ALL DUMBBELLS & DIRTY NASTY SET

WARM UP SET:

HIGH INCLINE DUMBBELL BENCH PRESS – 1 set of 15 reps

1.) HIGH INCLINE DUMBBELL BENCH PRESS

3 sets of 8 reps

REST BETWEEN SETS: 90 SECONDS

2.) INCLINE (45 DEGREES) DUMBBELL BENCH PRESS

3 sets of 8 reps

REST BETWEEN SETS: 90 SECONDS

3.) FLAT DUMBBELL BENCH PRESS

3 sets of 8 reps

REST BETWEEN SETS: 90 SECONDS

4.) TRIPLE SET: DO ALL 3 EXERCISES BACK TO BACK, THEN REST.

FLAT DUMBBELL CLOSE-GRIP BENCH PRESS

4 sets of 8 reps followed by...

FLAT DUMBBELL FLY

4 sets of 8 reps followed by...

CLOSE-GRIP DUMBBELL PUSH-UP

4 sets of 8 reps.

REST BETWEEN TRIPLE SETS: 90 SECONDS

5.) SLIGHT INCLINE DUMBBELL KICKBACK (TWISTING)

4 sets of 8 reps

REST BETWEEN SETS: 60 SECONDS

6.) DUMBBELL SKULL CRUSHER

DIRTY NASTY SET – 3 sets of 12 reps (rest 10 sec.), 8 reps (rest 10 sec.), then 5 reps. That completes 1 set. REST BETWEEN SETS: 2 MINUTES.

