

CHEST/TRICEPS/ABS – FREE WEIGHTS: SUPER BERSERK SET

1.) INCLINE BARBELL BENCH PRESS

4 sets of 8 reps
SUPER SET WITH...

INCLINE DUMBBELL BENCH PRESS

Berserk Set: 4 sets of 8 reps with both arms, then 5 reps with each arm.
REST BETWEEN SETS: 2 MINUTES

2.) FLAT BARBELL BENCH PRESS

4 sets of 8 reps
SUPER SET WITH...

FLAT DUMBBELL BENCH PRESS

Berserk Set: 4 sets of 8 reps with both arms, then 5 reps with each arm.
REST BETWEEN SETS: 2 MINUTES

3.) STANDING INCLINE LOW-DUMBBELL FLY

4 sets of 8 reps
SUPER SET WITH...

PUSH-UP

Berserk Set: 4 sets of 8 reps with both arms, then 5 reps with each arm (see video)
REST BETWEEN SETS: 2 MINUTES

4.) SEATED DUMBBELL OVERHEAD EXTENSION

4 sets of 8 reps
SUPER SET WITH...

LYING DUMBBELL KICKBACK WITH TWIST

Berserk Set: 4 sets of 8 reps with both arms, then 5 reps with each arm
REST BETWEEN SETS: 2 MINUTES

5.) DECLINE BENCH REVERSE CRUNCH

4 set of 10 reps

SUPER SET WITH...

DECLINE BENCH CRUNCH

4 sets of 10 reps

REST BETWEEN SETS: 60 SECONDS