



CHEST/TRICEPS/ABS – (FREE WEIGHTS) GIANT SETS, HSR SETS

WARM UP = Push Ups: 2 sets of 15 reps

1.) INCLINE BARBELL BENCH PRESS

Giant Set = 8 sets of 8 reps

REST BETWEEN SETS: 60 SECONDS

2.) FLAT BARBELL BENCH PRESS

Giant Set = 8 sets of 8 reps with each arm

REST BETWEEN SETS: 60 SECONDS

3.) INCLINE DUMBBELL BENCH PRESS

HSR Set - 3 sets

HSR Set = 5 reps with right arm then 5 reps with left arm, 4 reps with right arm then 4 reps with left arm, 3 reps with right arm then 3 reps with left arm, 2 reps with right arm then 2 reps with left arm, 1 rep with right arm then 1 rep with left arm.

REST BETWEEN SETS: 90 SECONDS

4.) FLAT DUMBBELL BENCH PRESS

HSR Set - 3 sets

HSR Set = 5 reps with right arm then 5 reps with left arm, 4 reps with right arm then 4 reps with left arm, 3 reps with right arm then 3 reps with left arm, 2 reps with right arm then 2 reps with left arm, 1 rep with right arm then 1 rep with left arm.

REST BETWEEN SETS: 90 SECONDS

5.) PLANK TO PUSH-UP

HSR Set - 3 sets

HSR Set = 5 reps with right arm then 5 reps with left arm, 4 reps with right arm then 4 reps with left arm, 3 reps with right arm then 3 reps with left arm, 2 reps with right arm then 2 reps with left arm, 1 rep with right arm then 1 rep with left arm.

REST BETWEEN SETS: 90 SECONDS

6.) LYING DUMBBELL KICKBACK

HSR Set - 3 sets

HSR Set = 5 reps with right arm then 5 reps with left arm, 4 reps with right arm then 4 reps with left arm, 3 reps with right arm then 3 reps with left arm, 2 reps with right arm then 2 reps with left arm, 1 rep with right arm then 1 rep with left arm.

REST BETWEEN SETS: 90 SECONDS

7.) DUMBBELL ABDOMINAL TWIST

4 sets of 15 reps with each side

SUPER SET WITH...

PLANK TO BALANCE

4 sets of 10 reps with each side

REST BETWEEN SETS: 60 SECONDS