



CHEST/TRICEPS/ABS – (FREE WEIGHTS) SPIT FIRE & VITALITY SET

WARM UP = Flat Barbell Bench Press – 2 sets of 15 reps

1.) FLAT BARBELL BENCH PRESS

SPIT FIRE SET: 4 sets of 4 reps (rest 15 seconds), 4 reps (rest 15 seconds), 4 reps.

REST BETWEEN SETS: 2 MINUTES

2.) DECLINE BENCH PRESS

3 sets of 8-10 reps

REST BETWEEN SETS: 90 SECONDS

3.) INCLINE BARBELL BENCH PRESS

SPIT FIRE SET: 4 sets of 4 reps (rest 15 seconds), 4 reps (rest 15 seconds), 4 reps.

REST BETWEEN SETS: 2 MINUTES

4.) INCLINE LOW DUMBBELL FLY (70 DEGREES)

3 sets of 15 reps

REST BETWEEN SETS: 90 SECONDS

5.) PUSH-UP

VITALITY SET: 1 set of 50 reps

6.) FLOOR EZ-BAR SKULL CRUSHER (CLOSE-GRIP)

SPIT FIRE SET: 4 sets of 4 reps (rest 15 seconds), 4 reps (rest 15 seconds), 4 reps.

REST BETWEEN SETS: 2 MINUTES

7.) FLAT DUMBBELL SKULL CRUSHER (SINGLE-ARM)

3 sets of 8-10 reps with each arm

REST BETWEEN SETS: 90 SECONDS

8.) HIGH PLANK TO HIGH KNEE (OPPOSITE ELBOW)

4 sets of 10 reps with each side

REST BETWEEN SETS: 60 SECONDS