

CHEST, TRICEPS, CORE – DROP SETS (FREE WEIGHTS)

WARM UP = Push Up – 2 sets of 15 reps

1.) INCLINE BARBELL BENCH PRESS

4 sets of 6-8 reps.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

2.) INCLINE DUMBBELL BENCH PRESS (30 DEGREES)

4 sets of 10-12 reps.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

3.) FLAT DUMBBELL BENCH PRESS - ALTERNATE

4 sets of 10-12 reps with each side.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

4.) INCLINE DUMBBELL LOW FLY (70 DEGREES)

4 sets of 10-12 reps.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

5.) SEATED DUMBBELL OVERHEAD EXTENSION

4 sets of 10-12 reps.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

6.) UNDERHAND-GRIP PUSH-UP (EZ-BAR)

4 sets till failure

REST BETWEEN SETS: 90 SECONDS

7.) EZ-BAR HIGH PLANK

4 sets of 60 seconds

REST BETWEEN SETS = 60 SECONDS