



CHEST, TRICEPS, CORE – BARBELL PYRAMID, DUMBBELL ALTERNATE

WARM UP = Push Up – 2 sets of 15 reps

1.) PYRAMID SET = FLAT BARBELL BENCH PRESS

5 sets = 15, 10, 8, 10, 15 reps

Rest Between Sets: 90 Sec.

2.) FLAT DUMBBELL BENCH PRESS - ALTERNATE

3 sets = 8-10 reps with each side

Rest Between Sets: 60 Sec.

3.) PYRAMID SET = INCLINE BARBELL BENCH PRESS

5 sets = 15, 10, 8, 10, 15 reps

Rest Between Sets: 90 Sec.

4.) INCLINE DUMBBELL BENCH PRESS - ALTERNATE

3 sets = 8-10 reps with each side

Rest Between Sets: 60 Sec.

5.) PYRAMID SET = CLOSE-GRIP BARBELL BENCH PRESS

5 sets = 15, 10, 8, 10, 15 reps

Rest Between Sets: 90 Sec.

6.) INCLINE DUMBBELL SKULL CRUSHER – ALTERNATE

3 sets = 8-10 reps with each side

Rest Between Sets: 60 Sec.

7.) DUMBBELL CHOP

4 sets = 15 reps with each side

Rest Between Sets: 60 Sec.

