



## **CHEST, TRICEPS, CORE – STRONG MAN SETS, STAMINA SETS**

**Warm Up: Push – Up = 2 sets of 15 reps**

### **1.) STRONG MAN SET = INCLINE BARBELL BENCH PRESS**

5 sets = 4-6 reps

Rest Between Sets: 90 Sec.

### **2.) STRONG MAN SET = FLAT BARBELL BENCH PRESS**

5 sets = 4-6 reps

Rest Between Sets: 90 Sec.

### **3.) STRONG MAN SET = SINGLE-ARM DB ROTATING PRESS**

5 sets = 4-6 reps with each side

Rest Between Sets: 90 Sec.

### **4.) STAMINA SET = KNEELING LANDMINE PRESS**

4 sets = 10-12 reps

SUPER SET WITH...

#### **SVEND PRESS**

4 sets = 10-12 reps

Rest Between Sets: No Rest

### **5.) EZ-BAR SKULL CRUSHER TO PUSH COMBO**

4 sets = 8-10 combo reps

Rest Between Sets: 60 Sec.

### **6.) STAMIN SET = BENT-OVER DB KICKBACK**

4 sets = 10-12 reps

SUPER SET WITH...

#### **DB PUSH-UP**

4 sets = 10-12 reps

Rest Between Sets: No Rest

**7.) HIGH-PLANK TO TOE TAP**

4 sets = 10 reps with each side

SUPER SET WITH...

**PLANK TO BALANCE**

4 sets = 10 reps with each side

Rest Between Sets: 60 Sec.