



## **CHEST, TRICEPS, CORE – (FW) PREDATOR SETS, ISOMETRIC SETS**

**WARM-UP: Push-Up – 2 sets of 15 reps.**

**1.) PREDATOR SET = INCLINE BARBELL BENCH PRESS**

4 sets = 5-6 slow reps, 5-6 fast reps

Rest Between Sets: 90 Sec.

**2.) PREDATOR SET = FLAT BARBELL BENCH PRESS**

4 sets = 5-6 slow reps, 5-6 fast reps

Rest Between Sets: 90 Sec.

**3.) PREDATOR SET = FLAT ALTERNATE DUMBBELL PRESS**

4 sets = 5-6 slow reps, 5-6 fast reps with each side

Rest Between Sets: 90 Sec.

**4.) KNEELING LANDMINE PRESS**

4 sets = 15 reps

Rest Between Sets: 60 Sec.

**5.) ISOMETRIC SET = SVEND PRESS**

1 set = 30 Sec. hold

**6.) PREDATOR SET = CLOSE-GRIP BARBELL BENCH PRESS**

4 sets = 5-6 slow reps, 5-6 fast reps

Rest Between Sets: 90 Sec.

**7.) PREDATOR SET = INCLINE (45) DUMBBELL SKULL CRUSHER**

4 sets = 5-6 slow reps, 5-6 fast reps

Rest Between Sets: 90 Sec.

**8.) DUMBBELL CHOP**

3 sets = 15 reps with each side

Rest Between Sets: 60 Sec.

