



CHEST, TRICEPS, CORE – (DB) DESTRUCTION & VITALITY SETS

WARM-UP: 2 sets of 15 reps of the 1st exercise

1.) DESTRUCTION SET = FLAT DUMBBELL BENCH PRESS

4 sets = 5 reps with right then left, 5 reps alternating, 5 reps with both.
Rest Between Sets: 90 sec.

2.) FLAT CLOSE-GRIP DUMBBELL BENCH PRESS

4 sets = 8-10 reps
Rest Between Sets: 90 sec.

3.) DESTRUCTION SET = LOW INCLINE DUMBBELL BENCH PRESS

4 sets = 5 reps with right then left, 5 reps alternating, 5 reps with both.
Rest Between Sets: 90 sec.

4.) INCLINE DUMBBELL SVEND PRESS

4 sets = 8-10 reps
Rest Between Sets: 90 sec.

5.) VITALITY SET = PUSH-UP AGAINST INCLINE BENCH

1 set = 50 reps
Rest Between Sets: 90 sec.

6.) DESTRUCTION SET = BENT-OVER DUMBBELL KICKBACK

4 sets = 5 reps with right then left, 5 reps alternating, 5 reps with both.
Rest Between Sets: 90 sec.

7.) FLAT DUMBBELL SKULL CRUSHER

4 sets = 8-10 reps
Rest Between Sets: 90 sec.

8.) FOAM ROLLER PLANK TO HIGH KNEE

4 sets = 10 reps with each side

Rest Between Sets: 60 sec.