



CHEST, TRICEPS, CORE – (FW) COMPOUND BERSERK SETS

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

1.) COMPOUND SET = INCLINE BARBELL BENCH PRESS

6-8 reps followed by...

BERSERK SET = LOW INCLINE DUMBBELL BENCH PRESS

5 reps with both sides, then 5 reps alternating.

Rest Between Sets: 2 minutes

Total Sets = 4

2.) COMPOUND SET = FLAT BARBELL BENCH PRESS

8-10 reps followed by...

BERSERK SET = FLAT DUMBBELL BENCH PRESS

5 reps with both sides, then 5 reps alternating.

Rest Between Sets: 2 minutes

Total Sets = 4

3.) KNEELING LANDMINE PRESS

4 sets = 12-15 reps

Rest Between Sets: 90 sec.

4.) COMPOUND SET = FLAT EZ-BAR (CLOSE-GRIP) SKULL CRUSHER

6-8 reps followed by...

BERSERK SET = INCLINE DUMBBELL SKULL CRUSHER

5 reps with both sides, then 5 reps alternating.

Rest Between Sets: 2 minutes

Total Sets = 4

5.) PUSH-UP TO HIGH KNEE

10 combo reps

Rest Between Sets: 60 sec.

Total Sets = 4