



CHEST, TRICEPS, CORE – (DB) BULLS EYE SETS

Warm Up: 2 sets of 20 reps of the 1st exercise

1.) FLAT DUMBBELL BENCH PRESS

10 reps

Rest Between Sets: 60-seconds

Total Sets = 5

2.) LOW INCLINE DUMBBELL BENCH PRESS

10 reps

Rest Between Sets: 60-seconds

Total Sets = 5

3.) MEDIUM INCLINE DUMBBELL BENCH PRESS

10 reps

Rest Between Sets: 60-seconds

Total Sets = 5

4.) MEDIUM INCLINE DUMBBELL FLY

10 reps

Rest Between Sets: 60-seconds

Total Sets = 5

5.) FLAT DUMBBELL NEUTRAL PRESS

10 reps

Rest Between Sets: 60-seconds

Total Sets = 5

6.) SINGLE-ARM DUMBBELL KICKBACK

10 reps with each side

Rest Between Sets: 60-seconds

Total Sets = 5

7.) DUMBBELL CHOP

12-15 reps with each side

Rest Between Sets: 60-seconds

Total Sets = 4

