



CHEST, TRICEPS, CORE – (DB) SPARTAN SETS

Warm Up: 2 sets of 15 reps of the 1st exercise

1.) SPARTAN SET = FLAT DUMBBELL BENCH PRESS

8-10 reps

Rest 30-sec. Followed by...

LOW INCLINE DUMBBELL BENCH PRESS (30 DEGREES)

8-10 reps

Rest 30-sec. Followed by...

INCLINE DUMBBELL BENCH PRESS (50 DEGREES)

8-10 reps

Rest 30-sec. Followed by...

STANDING INCLINE DUMBBELL SVEND PRESS

8-10 reps

Rest 30-sec. Followed by...

PUSH-UP

Till failure. This completes 1 set

Rest: 3 minutes

Total Sets = 5

2.) SPARTAN SET = CLOSE-GRIP DUMBBELL BENCH PRESS

8-10 reps

Rest 30-sec. Followed by...

FLAT DUMBBELL SKULL CRUSHER (UNDERHAND)

8-10 reps

Rest 30-sec. Followed by...

INCLINE DUMBBELL OVERHEAD EXTENSION

8-10 reps

Rest 30-sec. Followed by...

PLANK TO DUMBBELL KICKBACK

8-10 reps with each side

Rest 30-sec. Followed by...

CLOSE-GRIP INCLINE PUSH-UP

Till failure. This completes 1 set

Rest: 3 minutes

Total Sets = 3

3.) 90 DEGREE CRUNCH

15 reps. Followed by...

SCISSOR CRUNCH

10 reps with each side. Followed by...

LEG RAISE

15 reps.

Rest: 90-seconds

Total Sets = 4

