



CHEST, TRICEPS, CORE – (DB) STAMINA SUPER SETS, ENDANGERED SETS

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

1.) FLAT DUMBBELL CLOSE-GRIP BENCH PRESS

6-8 reps

Rest: 90-sec.

Total Sets: 3

2.) LOW INCLINE DUMBBELL BENCH PRESS

6-8 reps

Rest: 90-sec.

Total Sets: 3

3.) HIGH INCLINE DUMBBELL BENCH PRESS

6-8 reps

Rest: 90-sec.

Total Sets: 3

4.) STAMINA SUPER SET = HIGH INCLINE DUMBBELL CLOSE-GRIP PRESS

8-10 reps. Followed by...

HIGH INCLINE LOW DUMBBELL FLY

8-10 reps

Rest: No rest

Total Sets: 3

5.) ENDANGERED SET = PUSH-UP

10 reps (rest 15-sec.), repeat 5 times.

Total Sets: 1

6.) STAMINA SUPER SET = BENT-OVER DUMBBELL KICKBACK

8-10 reps. Followed by...

INCLINE BENCH EXTENSION

8-10 reps

Rest: No rest

Total Sets: 3

7.) ALTERNATE TOE TAP

10 reps with each side. Followed by...

FOAM ROLLER KNEE BLAST

10 reps with each side. Followed by...

DUMBBELL CHOP

10 reps with each side

Rest: 60-sec.

Total Sets: 3