



CHEST, TRICEPS, CORE – (FW) INSANE SETS

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

1.) INCLINE SMITH MACHINE BENCH PRESS (OR FREE WEIGHT)

4-6 reps

Rest: 90-sec.

Total Sets: 4

2.) FLAT BARBELL BENCH PRESS

6-8 reps

Rest: 90-sec.

Total Sets: 4

3.) INSANE SET = HIGH INCLINE LOW DUMBBELL FLY

60-sec. of reps (rest 10-sec.), 40-sec. of reps (rest 10-sec.), 20-sec. of reps

Total Sets: 1

4.) INCLINE DUMBBELL FLY

12-15 reps

Rest: 90-sec.

Total Sets: 3

5.) INSANE SET = BENCH PUSH-UP

60-sec. of reps (rest 10-sec.), 40-sec. of reps (rest 10-sec.), 20-sec. of reps

Total Sets: 1

6.) FLOOR EZ-BAR SKULL CRUSHER (CLOSE-GRIP)

6-8 reps

Rest: 90-sec.

Total Sets: 4

7.) SINGLE-ARM DUMBBELL OVERHEAD EXTENSION

12-15 reps with each side

Rest: 90-sec.

Total Sets: 3

8.) INSANE SET – INCLINE BENCH EXTENSION

60-sec. of reps (rest 10-sec.), 40-sec. of reps (rest 10-sec.), 20-sec. of reps

Total Sets: 1

9.) DECLINE BENCH LEG RAISE

12-15 reps

Rest: 60-sec.

Total Sets: 3

10.) LANDMINE CHOP

8 reps with each side

Rest: 60-sec.

Total Sets: 3