



CHEST, TRICEPS, CORE – (DB) DESCENDING & TRIPLE SETS

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

1.) DESCENDING SET = FLAT DUMBBELL BENCH PRESS

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Set 5: 5 reps

Rest Between Sets: 90-sec.

2.) DESCENDING SET = LOW INCLINE DUMBBELL BENCH PRESS

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Set 5: 5 reps

Rest Between Sets: 90-sec.

3.) TRIPLE SET = DUMBBELL PUSH-UP

8-10 reps. Followed by...

SINGLE-ARM LOW DUMBBELL FLY

8-10 reps with each side. Followed by...

SVEND PRESS

8-10 reps.

Rest: 2-minutes

Total Sets: 3

4.) DESCENDING SET = FLAT DUMBBELL CLOSE-GRIP NEUTRAL PRESS

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Set 5: 5 reps

Rest Between Sets: 90-sec.

5.) TRIPLE SET = SINGLE-ARM PLANK DUMBBELL KICKBACK

8-10 reps with each side. Followed by...

FLOOR SINGLE-ARM DUMBBELL NEUTRAL PRESS

6-8 reps with each side. Followed by...

FLOOR SINGLE-ARM DUMBBELL SKULL CRUSHER

8-10 reps with each side

Rest: 2-minutes

Total Sets: 3

6.) TRIPLE SET = DUMBBELL SINGLE-LEG LIFT

8-10 reps with each side. Followed by...

SCISSOR CRUNCH

8-10 reps with each side. Followed by...

HIGH PLANK BALL KNEE BLAST

8-10 reps with each side.

Rest: 2-minutes

Total Sets: 4

