



CHEST, TRICEPS, CORE – (DB) STRENGTH TO VOLUME SETS

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

1.) STRENGTH: LOW INCLINE DUMBBELL BENCH PRESS

6-8 reps

Rest: 90-sec.

Total Sets: 4

2.) VOLUME: HIGH INCLINE CLOSE-GRIP DUMBBELL BENCH PRESS

25 reps

Rest: 90-sec.

Total Sets: 3

3.) STRENGTH: FLAT DUMBBELL BENCH PRESS

6-8 reps

Rest: 90-sec.

Total Sets: 4

4.) VOLUME: DUMBBELL PUSH-UP

Till failure

Rest: 90-sec.

Total Sets: 3

5.) STRENGTH: FLAT CLOSE-GRIP DUMBBELL BENCH PRESS

6-8 reps

Rest: 90-sec.

Total Sets: 4

6.) VOLUME: SINGLE-ARM DUMBBELL KICKBACK

25 reps with each side

Rest: 90-sec.

Total Sets: 3

7.) DUMBBELL CHOP

12-15 reps with each side

Rest: 90-sec.

Total Sets: 3