



## **CHEST, TRICEPS, CORE – (G) SUPER SETS**

**Warm Up: 2 sets of 15 reps of the 1<sup>st</sup> exercise**

### **1.) DECLINE BARBELL BENCH PRESS**

6-8 reps. Followed by...

#### **FLAT DUMBBELL FLY**

8-10 reps

Rest: 2-minutes

Total Sets: 3

### **2.) INCLINE BARBELL BENCH PRESS**

6-8 reps. Followed by...

#### **INCLINE DUMBBELL NEUTRAL PRESS**

8-10 reps

Rest: 2-minutes

Total Sets: 3

### **3.) HIGH CABLE FLY**

6-8 reps. Followed by...

#### **PUSH-UP**

8-10 reps

Rest: 2-minutes

Total Sets: 3

### **4.) EZ-BAR TRICEP PUSHDOWN**

6-8 reps. Followed by...

#### **EZ-BAR OVERHEAD TRICEP EXTENSION**

8-10 reps

Rest: 2-minutes

Total Sets: 3

**5.) DECLINE REVERSE CRUNCH**

12-15 reps

Rest: 60-sec.

Total Sets: 3