



CHEST, TRICEPS, CORE – VITALITY SETS

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

1.) HIGH INCLINE DUMBBELL BENCH PRESS (70 DEGREES)

8-12 reps

Rest: 90-seconds

Total Sets: 4

2.) FLAT DUMBBELL BENCH PRESS

8-12 reps

Rest: 90-seconds

Total Sets: 4

3.) INCLINE DUMBBELL SVEND PRESS

8-12 reps

Rest: 90-seconds

Total Sets: 4

4.) VITALITY SET: HIGH INCLINE DUMBBELL LOW FLY

50 reps

Total Sets: 1

5.) FLAT DUMBBELL NEUTRAL PRESS

8-12 reps

Rest: 90-seconds

Total Sets: 4

6.) BENT-OVER DUMBBELL KICKBACK

8-12 reps

Rest: 90-seconds

Total Sets: 4

7.) VITALITY SET: BENCH DIPS

50 reps

Total Sets: 1

8.) CABLE CHOP

8-10 reps with each side

Rest: 60-seconds

Total Sets: 3