



CHEST, TRICEPS, CORE – REST PAUSE SETS

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

Rest-Pause Set: Do the recommended reps, put down the weight and rest 15-seconds then rep out until failure.

1.) INCLINE SMITH MACHINE BENCH PRESS

6-8 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

2.) FLAT BARBELL BENCH PRESS

6-8 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

3.) KNEELING LANDMINE CHEST PRESS

8-10 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

4.) DUMBBELL PUSH-UP

Till failure

Rest: 90-seconds

Total Sets: 3

5.) TRICEP BAR PUSHDOWN

8-10 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

6.) OVERHEAD ROPE EXTENSION

8-10 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

7.) HIGH PLANK KNEE BLAST

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

SIDE PLANK

30-seconds with each side.

Rest: 60-seconds

Total Sets: 3