



CHEST, TRICEPS, CORE – SPIT FIRE SETS

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

1.) FLAT BARBELL BENCH PRESS

Spit Fire Set: 4 reps (10-sec. rest), 4 reps (10-sec. rest), 4 reps.

Rest: 90-seconds

Total Sets: 4

2.) INCLINE BARBELL BENCH PRESS

Spit Fire Set: 4 reps (10-sec. rest), 4 reps (10-sec. rest), 4 reps.

Rest: 90-seconds

Total Sets: 4

3.) FLOOR CABLE FLY

Spit Fire Set: 4 reps (10-sec. rest), 4 reps (10-sec. rest), 4 reps.

Rest: 90-seconds

Total Sets: 4

4.) KNEELING LANDMINE CHEST PRESS

8-12 reps

Rest: 90-seconds

Total Sets: 3

5.) KNEELING ROPE PUSHDOWN

Spit Fire Set: 4 reps (10-sec. rest), 4 reps (10-sec. rest), 4 reps.

Rest: 90-seconds

Total Sets: 4

6.) INCLINE DUMBBELL OVERHEAD EXTENSION

8-12 reps

Rest: 90-seconds

Total Sets: 3

7.) CABLE CHOP

12-15 reps

Rest: 60-seconds

Total Sets: 3