



## CHEST, TRICEPS, CORE – PAUSED SUPER SETS

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

### **1.) INCLINE DUMBBELL BENCH PRESS (55 DEGREE BENCH)**

Paused Reps: 6-8 reps (pause at the bottom)

Rest: 90-seconds

Total Sets: 4

### **2.) FLAT DUMBBELL BENCH PRESS**

Paused Reps: 6-8 reps (pause at the bottom)

Rest: 90-seconds

Total Sets: 4

### **3.) SINGLE-ARM LOW CABLE FLY**

Paused Reps: 6-8 reps with each side (pause at the top)

Followed by...

#### **STANDING INCLINE DUMBBELL SVEND PRESS**

8-10 reps

Rest: 90-seconds

Total Sets: 4

### **4.) BENT-OVER ROPE EXTENSION**

Paused Reps: 6-8 reps (pause at the bottom)

Followed by...

#### **STANDING ROPE PUSHDOWN**

8-10 reps

Rest: 90-seconds

Total Sets: 4

### **5.) BIRD DOG**

8-10 reps with each side

Rest: 90-seconds  
Total Sets: 3