



CHEST, TRICEPS, CORE – BERSERK SETS

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

1.) INCLINE CHEST PRESS MACHINE

8-10 reps

Rest: 90-seconds

Total Sets: 4

2.) BERSERK SET: INCLINE DUMBBELL BENCH PRESS (55 DEGREES)

8 reps with both sides, then alternating 5 reps each side

Rest: 90-seconds

Total Sets: 3

3.) HIGH CABLE FLY

8-10 reps

Rest: 90-seconds

Total Sets: 4

4.) BERSERK SET: FLAT DUMBBELL BENCH PRESS

8 reps with both sides, then alternating 5 reps each side

Rest: 90-seconds

Total Sets: 3

5.) BERSERK SET: CROSS CABLE EXTENSION

8 reps with both sides, then alternating 5 reps each side

Rest: 90-seconds

Total Sets: 3

6.) BERSERK SET: LOW INCLINE DUMBBELL SKULL CRUSHER

8 reps with both sides, then alternating 5 reps each side

Rest: 90-seconds

Total Sets: 3

7.) STANDING CABLE CRUNCH

12-15 reps

Rest: 90-seconds

Total Sets: 3