



## **CHEST, TRICEPS, CORE – STRENGTH TO VOLUME SETS**

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

### **1.) STRENGTH: INCLINE BARBELL BENCH PRESS**

6-8 reps

Rest: 90-seconds

Total Sets: 4

### **2.) STRENGTH: FLAT BARBELL BENCH PRESS**

6-8 reps

Rest: 90-seconds

Total Sets: 4

### **3.) STRENGTH: DECLINE BARBELL BENCH PRESS**

6-8 reps

Rest: 90-seconds

Total Sets: 4

### **4.) VOLUME: PUSH-UP TO KNEE BLAST COMBO**

15 combo reps

Rest: 90-seconds

Total Sets: 3

### **5.) STRENGTH: CLOSE-GRIP BARBELL BENCH PRESS**

6-8 reps

Rest: 90-seconds

Total Sets: 4

### **6.) VOLUME: FLOOR SINGLE-ARM DB SKULL CRUSHER**

15-20 reps with each side

Rest: 90-seconds

Total Sets: 3

**7.) DECLINE REVERSE CRUNCH**

12-15 reps. Followed by...

**PLANK TO WEIGHT SHIFT**

10 reps with each side

Rest: 90-seconds

Total Sets: 3