



CHEST, TRICEPS, CORE – DOUBLE DROP SETS

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

Double Drop Set: Do the required reps then drop the weight by 30% and do 5 more reps, then drop the weight by 30% again and do 5 more reps.

1.) INCLINE SMITH MACHINE BENCH PRESS

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

2.) FLAT DUMBBELL BENCH PRESS

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

3.) FLAT CABLE FLY

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

4.) EZ-BAR UNDERHAND PUSH-UP

Till failure

Rest: 90-seconds

Total Sets: 3

5.) WIDE-GRIP BAR PUSHDOWN

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

6.) EZ-BAR CABLE OVERHEAD EXTENSION

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

7.) DUMBBELL CHOP

10 reps with each side

Rest: 90-seconds

Total Sets: 3