



CHEST, TRICEPS, CORE – STRONG MAN & MOUNTAIN SETS

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

Mountain Set: Choose a weight you can moderately do 10 reps with. Rest for 10-seconds then do 9 reps, rest for another 10-seconds then do 8 reps. Repeat this process until you get to and complete 5 reps.

1.) STRONG MAN SET: INCLINE DUMBBELL BENCH PRESS

6-8 reps

Rest: 90-seconds

Total Sets: 4

2.) STRONG MAN SET: INCLINE CLOSE-GRIP DUMBBELL BENCH PRESS

6-8 reps

Rest: 90-seconds

Total Sets: 4

3.) STRONG MAN SET: FLAT DUMBBELL BENCH PRESS

6-8 reps

Rest: 90-seconds

Total Sets: 4

4.) MOUNTAIN SET: FLAT CLOSE-GRIP DUMBBELL BENCH PRESS

10 reps to 5 reps (refer to the description above)

Total Sets: 1

5.) STRONG MAN SET: HIGH INCLINE DUMBBELL OVERHEAD EXTENSION

6-8 reps

Rest: 90-seconds

Total Sets: 4

6.) MOUNTAIN SET: LOW INCLINE DUMBBELL SKULL CRUSHER

10 reps to 5 reps (refer to the description above)

Total Sets: 1

7.) V-UP CRUNCH

15-20 reps

Rest: 90-seconds

Total Sets: 3