



CHEST, TRICEPS, CORE – SUPER DROP SETS

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

Drop Set: Do the recommended reps, then drop the weight by around 30% and rep out till failure.

1.) DECLINE BARBELL BENCH PRESS

10-12 reps

Rest: 90-seconds

Total Sets: 3

2.) SMITH MACHINE INCLINE BENCH PRESS

10-12 reps

Rest: 90-seconds

Total Sets: 3

3.) FLAT CABLE FLY

10-12 reps. Followed by...

FLAT DUMBBELL CLOSE-GRIP PRESS

10-12 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

4.) EZ-BAR OVERHEAD CABLE EXTENSION

10-12 reps. Followed by...

EZ-BAR CABLE PUSHDOWN

10-12 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

5.) LANDMINE CHOP

10 reps with each side

Rest: 90-seconds

Total Sets: 3