



CHEST, TRICEPS, CORE – BERSERK & PAUSED REP SETS

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

1.) BERSERK SET: INCLINE DUMBBELL BENCH PRESS

5 reps with both sides, then 5 reps alternating sides

Rest: 2-minutes

Total Sets: 3

2.) PAUSED REP SET: SINGLE-ARM LOW CABLE FLY

8-10 reps with each side (pause on top for 2-sec.)

Rest: 90-seconds

Total Sets: 4

3.) BERSERK SET: FLAT DUMBBELL BENCH PRESS

5 reps with both sides, then 5 reps alternating sides

Rest: 2-minutes

Total Sets: 3

4.) BERSERK SET: FLAT DUMBBELL SKULL CRUSHER

8 reps with both sides, then 5 reps alternating sides

Rest: 2-minutes

Total Sets: 3

5.) PAUSED REP SET: OVERHEAD CABLE ROPE EXTENSION

8-10 reps (pause on top for 2-sec.)

Rest: 90-seconds

Total Sets: 3

6.) MEDICINE BALL V-UP CRUNCH

10-12 reps. Followed by...

PLANK TO ROTATION

8 reps with each side

Rest: 90-seconds
Total Sets: 3