



CHEST, TRICEPS, CORE – PREDATOR SETS

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

1.) PREDATOR SET: FLAT BARBELL BENCH PRESS

6 slow reps, followed by 6 fast reps

Rest: 90-seconds

Total Sets: 3

2.) INCLINE (55 DEGREES) ALTERNATE DUMBBELL BENCH PRESS

6-8 reps with each side

Rest: 90-seconds

Total Sets: 3

3.) PREDATOR SET: KNEELING CABLE CHEST PRESS

6 slow reps, followed by 6 fast reps

Rest: 90-seconds

Total Sets: 3

4.) KNEELING LOW CABLE FLY

8-10 reps

Rest: 90-seconds

Total Sets: 3

5.) PREDATOR SET: SINGLE-ARM CABLE EXTENSION

6 slow reps, followed by 6 fast reps with each side

Rest: 90-seconds

Total Sets: 3

6.) HIGH INCLINE (70 DEGREES) SINGLE-ARM DUMBBELL EXTENSION

8-10 reps with each side

Rest: 90-seconds

Total Sets: 3

7.) HIGH PLANK KNEE BLAST COMBO

6 reps with each side

Rest: 60-seconds

Total Set: 3