



CHEST, TRICEPS, CORE – REST PAUSE SETS

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

Rest-Pause Set: Complete the reps indicated in the workout of your working weight. Once you have completed the set, take a 10-15 second rest and complete further reps with the same weight until failure.

1.) FLAT BARBELL BENCH PRESS

8-10 reps. Rest-pause set the last set.

Rest: 90-seconds

Total Sets: 3

2.) INCLINE BARBELL BENCH PRESS

8-10 reps. Rest-pause set the last set.

Rest: 90-seconds

Total Sets: 3

3.) KNEELING LANDMINE CHEST PRESS

8-10 reps. Rest-pause set the last set.

Rest: 90-seconds

Total Sets: 3

4.) PUSH-UP

Till Failure

Rest: 90-seconds

Total Set: 3

5.) CLOSE-GRIP BARBELL BENCH PRESS

8-10 reps. Rest-pause set the last set.

Rest: 90-seconds

Total Sets: 3

6.) LOW INCLINE DUMBBELL SKULL CRUSHER

8-10 reps. Rest-pause set the last set.

Rest: 90-seconds

Total Sets: 3

7.) DUMBBELL CRUNCH TO PRESS

10 reps with each side

Rest: 90-seconds

Total Sets: 3