



CHEST, TRICEPS, CORE – STRENGTH TO VOLUME SETS

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

1.) STRENGTH SET: SMITH MACHINE INCLINE BENCH PRESS

6-8 reps

Rest: 90-seconds

Total Sets: 4

2.) STRENGTH SET: FLAT DUMBBELL BENCH PRESS

6-8 reps

Rest: 90-seconds

Total Sets: 4

3.) STRENGTH SET: DECLINE BARBELL BENCH PRESS

6-8 reps

Rest: 90-seconds

Total Sets: 4

4.) VOLUME SET: KNEELING LOW CABLE FLY

15 reps

Rest: 90-seconds

Total Sets: 3

5.) STRENGTH SET: EZ-BAR CABLE PUSH DOWN

6-8 reps

Rest: 90-seconds

Total Sets: 4

6.) VOLUME SET: CROSS TRICEP-CABLE EXTENSION

15-20 reps

Rest: 90-seconds

Total Sets: 3

7.) DECLINE REVERSE CRUNCH

12-15 reps

Rest: 60-seconds

Total Sets: 3