



## **CHEST, TRICEPS, CORE – DESCENDING & INSANE SETS**

**Warm Up: 2 sets of 15 reps of the 1<sup>st</sup> exercise**

**Insane Set:** 60-seconds of reps (rest 10-seconds), 40-seconds of reps (rest 10-seconds), 20-seconds of reps.

### **1.) DESCENDING SET: FLAT ALTERNATE DUMBBELL BENCH PRESS**

15 reps each side

Rest: 90-seconds

12 reps each side

Rest: 90-seconds

10 reps each side

Rest: 90-seconds

8 reps each side

Rest: 90-seconds

### **2.) DESCENDING SET: INCLINE BARBELL BENCH PRESS**

15 reps

Rest: 90-seconds

12 reps

Rest: 90-seconds

10 reps

Rest: 90-seconds

8 reps

Rest: 90-seconds

**3.) DESCENDING SET: STANDING DUMBBELL SVEND PRESS**

15 reps

Rest: 90-seconds

12 reps

Rest: 90-seconds

10 reps

Rest: 90-seconds

8 reps

Rest: 90-seconds

**4.) INSANE SET: STANDING ALTERNATE LOW CABLE FLY**

1 set

**5.) DESCENDING SET: ALTERNATE CABLE CROSS EXTENSION**

15 reps with each side

Rest: 90-seconds

12 reps with each side

Rest: 90-seconds

10 reps with each side

Rest: 90-seconds

8 reps with each side

Rest: 90-seconds

**6.) INSANE SET: LOW INCLINE ALTERNATE DUMBBELL SKULL CRUSHER**

1 set

**7.) CABLE CRUNCH**

12-15 Reps

Rest: 90-seconds

Total Sets: 3

