



CHEST, TRICEPS, CORE – GIANT & PAUSED REP SETS

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

Giant Set: Do all 3 exercises back to back, then rest after.

Paused Rep Set: Pause for 2-3 seconds on a specific part of the movement.

1.) GIANT SET: INCLINE BARBELL BENCH PRESS

6-8 reps. Followed by...

INCLINE DUMBBELL BENCH PRESS

6-8 reps. Followed by...

PUSH-UP

Until failure.

Rest: 2-minutes

Total Sets: 3

2.) PAUSED REPS: FLAT DUMBBELL BENCH PRESS

8-10 reps (pause at the bottom)

Rest: 90-seconds

Total Sets: 3

3.) GIANT SET: INCLINE ROPE CABLE PUSHDOWN

6-8 reps. Followed by...

INCLINE ROPE CABLE PUSHDOWN (CHEST DOWN)

6-8 reps. Followed by...

PLANK TO PUSH

6-8 reps with each side.

Rest: 2-minutes

Total Sets: 3

4.) PLANK TO BALANCE

8-10 reps with each side

Rest: 60-seconds

Total Sets: 3