



## **CHEST, TRICEPS, CORE – BERSERK SETS**

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

**Berserk Set:** Do 8 reps with both sides, followed by 5 reps alternating sides.

### **1.) BERSERK SET: FLAT DUMBBELL BENCH PRESS**

8 reps with both sides, followed by 5 reps alternating sides.

Rest: 90-seconds

Total Sets: 3

### **2.) FLAT BARBELL BENCH PRESS**

8-10 reps

Rest: 90-seconds

Total Sets: 3

### **3.) BERSERK SET: INCLINE DUMBBELL BENCH PRESS**

8 reps with both sides, followed by 5 reps alternating sides.

Rest: 90-seconds

Total Sets: 3

### **4.) INCLINE SMITH MACHINE BENCH PRESS**

8-10 reps

Rest: 90-seconds

Total Sets: 3

### **5.) BERSERK SET: FLAT DUMBBELL SKULL CRUSHER**

8 reps with both sides, followed by 5 reps alternating sides.

Rest: 90-seconds

Total Sets: 3

### **6.) LOW INCLINE EZ-BAR SKULL CRUSHER**

8-10 reps

Rest: 90-seconds

Total Sets: 3

## **7.) SCISSORS**

20 reps with each side. Followed by...

### **LYING LEG RAISE**

12-15 reps

Rest: 60-seconds

Total Sets: 3