



CHEST, TRICEPS, CORE – CLUSTER & DROP SETS

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

Cluster Set: Do 12 reps, then rest 5-seconds and repeat 3-5 more reps. Repeat 5-seconds of rest followed by 3-5 more reps until you reach a total of 25 total reps.

Drop Set: Do the recommended amount of reps then drop the weight by 30% and immediately rep out until failure.

1.) DROP SET: INCLINE BARBELL BENCH PRESS

8-10 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

2.) CLUSTER SET: FLAT BARBELL BENCH PRESS

25 total reps

Rest: 3-minutes

Total Sets: 2

3.) DROP SET: INCLINE BENCH PRESS MACHINE

8-10 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

4.) CLUSTER SET: FLOOR CABLE FLY

25 total reps

Rest: 3-minutes

Total Sets: 2

5.) DROP SET: SINGLE-ARM OVERHEAD CABLE EXTENSION

8-10 reps with each side. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

6.) CLUSTER SET: EZ-BAR PRESSDOWN (CLOSE-GRIP)

25 total reps

Rest: 3-minutes

Total Sets: 2

7.) LOW TO HIGH CABLE CHOP

12-15 reps with each side

Rest: 90-seconds

Total Sets: 3