



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

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

**Descending Set:** Increase the weight as the reps decrease with every set.

**Vitality Set:** Use a light weight for 1 set of 50 reps.

### **1.) DESCENDING SET: INCLINE DUMBBELL BENCH PRESS**

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

### **2.) DESCENDING SET: FLAT DUMBBELL BENCH PRESS**

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

### **3.) DESCENDING SET: INCLINE DUMBBELL CLOSE-GRIP BENCH PRESS**

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

### **4.) VITALITY SET: PUSH-UP**

1 Set: 50 reps

### **5.) DESCENDING SET: HIGH INCLINE DUMBBELL OVERHEAD EXTENSION**

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

**6.) VITALITY SET: INCLINE BENCH TRICEP EXTENSION**

1 Set: 50 reps

**7.) SIDE PLANK HIP LIFT**

10 reps with each side

Rest: 60-seconds

Total Sets: 3