



CHEST, TRICEPS, CORE – PRE EXHAUST SETS

Warm Up: 5-10 min incline treadmill + 2 light warm-up sets for chest

1.) Floor Cable Cross

Tip: Full stretch, 2-sec squeeze
12-15 reps. Followed immediately by...

Flat Dumbbell Bench Press

Tip: Controlled, 3-sec negative
8-10 reps
Rest: 2-min

Total sets: 3

2.) Cable Rope Pushdown

Tip: Pause at lockout
12-15 reps. Followed immediately by...

Close-Grip Bench Press

Tip: Elbows tucked, controlled lowering
8-10 reps
Rest: 2-min

Total sets: 3

3.) Incline Smith Machine Press

Tip: Keep tension on chest
10-12 reps. Followed immediately by...

Dip Machine

Tip: Lean slightly forward, full ROM
8-10 reps
Rest: 2-min

Total sets: 3

4.) Finisher: Chest/Tricep Burnout

Push-Up Ladder

1 set: 10 reps, rest 10-sec, 9 reps, rest 10-sec, continue this pattern to 1 rep.

5.) Weighted Decline Sit-Ups

Tip: Hold light plate for added resistance
15-20 reps. Followed immediately by...

Decline Leg Raise

Tip: Stay tight, roll hips up
12-15 reps. Followed immediately by...

Russian Twist with Dumbbell

15-20 reps


Rest: 30-sec


Total sets: 3


Coach's Corner — Chest, Triceps & Core Edition

 **Today you didn't just press — you pre-exhausted.**

You forced your chest to fire first, your triceps to finish strong, and your core to stay locked in under every rep. That's how you build muscle where it counts — with intent, control, and smart fatigue.

 The chest isn't just about heavy presses — it's about controlling the stretch, the squeeze, and forcing fibers to grow.

 Your triceps aren't just assisting — they're being isolated, pushed, and overloaded.

 Your core? That's your foundation — protecting your spine, keeping your form solid, and letting you train harder without breaking down.

Every rep today made you stronger, more stable, and one step closer to the physique you're building.

Stay locked in — you're stacking muscle rep by rep.