



CHEST, BACK – ANTAGONIST SUPERSET WORKOUT

Warm Up: 5-10 min incline treadmill + 2 light warm-up sets of cable fly & banded rows

1) Incline Dumbbell Press

8-10 reps. Followed immediately by...

Incline Dumbbell Row

8-10 reps

Rest: 60-90 sec

Total sets: 4

2) Kneeling Low Cable Fly

12-15 reps. Followed immediately by...

Cable Pullover

12-15 reps

Rest: 45-60 sec

Total sets: 4

3) Push-Ups

Max reps. Followed immediately by...

Pull-Ups

Max reps

Rest: No rest

Total sets: 3

4) Medicine Ball Knee Blast

10 reps with each side. Followed immediately by...

Crunch to Dumbbell Press


10 reps with each side


Rest: 30-sec

Total sets: 3

Coach's Corner — Chest, Back Edition

 **Today was about balance — push and pull, contraction and stretch, tension and recovery.**

 You didn't just train chest and back — you trained symmetry, joint health, and pump efficiency.

 Supersets like these build more volume in less time, keep your heart rate up, and help you recover better between sets.

Keep your tempo tight. Rest only when the work's done. And show up ready to grow.