



Chest, Triceps, Core – Mechanical Drop Sets

Built for high tension, max pump, and pushing through failure with smart variation shifts.

Warm Up: 5-10 min incline treadmill + 2 light warm-up sets: Cable Chest Fly & Rope Pushdowns

1) Incline Dumbbell Bench Press

6-8 reps. Followed immediately by...

Flat Dumbbell Bench Press

6-8 reps. Followed immediately by...

Floor Dumbbell Bench Press

6-8 reps

Rest: 90 sec

Total sets: 3

2) High to Low Cable Fly

10-12 reps. Followed immediately by...

Kneeling Low to High Cable Fly

10-12 reps. Followed immediately by...

Push-Ups

To failure

Rest: 60-75 sec

Total sets: 3

3) Overhead Rope Extension

10-12 reps. Followed immediately by...

Rope Pushdowns

10-12 reps. Followed immediately by...

Incline Bench Extension

To failure

Rest: 60-75 sec

Total sets: 3

4) Cable Crunch

15-20 reps. Followed immediately by...

Plank to Elbow Tap

20 reps (10 each side). Followed immediately by...

Dumbbell Russian Twists

20 reps (10 each side)

Rest: 30-sec

Total sets: 2-3

Coach's Corner — Chest, Triceps & Core Edition

🔥 You didn't just go through the motions today — you went through variations. You stayed under tension longer, pushed past normal failure, and forced your muscles to adapt under fatigue.

👉 Your chest wasn't just pressed — it was squeezed, stretched, and challenged at every angle.

👉 Your triceps didn't get to rest — they got hit with pressing, overhead, and pump work all in one.

👉 And your core? That's what held it all together, from start to finish.

That's how you train to grow — with intention, intensity, and no wasted reps.