



DAY 16: CHEST & TRICEPS

Notes:

Use Warm-Up Sets to gauge weight for working sets.

* For the working sets, pick a weight that allows you to reach failure at 10 reps.

90 Seconds rest in between each working set

Stretch in between working sets.

CHEST			
EXERCISES	SETS / REPS	WEIGHT	NOTES
1. DUMBBELL BENCH PRESS	2 Warm-up Sets 3 Working Sets x 10 Reps*		
2. DUMBBELL FLYE	2 Warm-up Sets 3 Working Sets x 10 Reps*		
3. INCLINE DUMBBELL BENCH PRESS	2 Warm-up Sets 3 Working Sets x 10 Reps*		
4. INCLINE DUMBBELL FLYE	2 Warm-up Sets 3 Working Sets x 10 Reps*		
TRICEPS			
5. TRICEPS PUSHDOWN	2 Warm-up Sets 3 Working Sets x 10 Reps*		Use Straight-bar Attachment
6. CABLE OVERHEAD TRICEPS EXTENSION	2 Warm-up Sets 3 Working Sets x 10 Reps*		Use Straight-bar Attachment
7. BENCH DIPS	2 Warm-up Sets 3 Working Sets x 10 Reps*		

Training, Nutrition, Supplementation Notes: