

## Day 16: Chest, Triceps

### SMITH MACHINE INCLINE BENCH PRESS (WARM-UP SETS)

Use light weight and stop each set short of failure.



#### Smith Machine Incline Bench Press

2 sets, 10 reps (rest 1 min.)



#### Smith Machine Incline Bench Press

After the first set, perform a double dropset, aiming to perform an additional 15-20 reps per drop. After the second set, perform a double dropset, aiming to perform an additional 15 reps per drop. See Training Guidelines for details.

2 sets, 20-25 reps (rest 2 min.)



#### Smith machine bench press

After the first set, perform a double dropset, aiming to perform an additional 15-20 reps per drop. After the second set, perform a double dropset, aiming to perform an additional 15 reps per drop. See Training Guidelines for details.

2 sets, 20-25 reps (rest 2 min.)



#### Incline Dumbbell Fly

After each set, perform a dropset. See Training Guidelines for details.

2 sets, 15-20 reps (rest 90 sec.)



#### Cable cross-over

After each set, perform a double dropset. See Training Guidelines for details.

2 sets, 15-20 reps (rest 2 min.)

## Superset

Perform the exercises in order with no rest between exercises and 1 min. of rest between sets.



### Cable V-bar push-down

4 sets, 15-20 reps (no rest)



### Kneeling cable triceps extension

4 sets, 15-20 reps

## Superset

Perform the exercises in order with no rest between exercises and 1 min. of rest between sets.



### Seated triceps press

3 sets, 15-20 reps (no rest)



### Close-grip bench press

3 sets, 15-20 reps (rest 1 min.)



### Stationary bike

1 set, 15 min. Alternate 3 min. of easy peddling with 1 min. of hard peddling, or perform other cardio of your choice.

1 set, 15 mins