

Day 44: Chest, Biceps

DTP SUPERSET (WARM-UP SETS)

Perform the exercises in order, using light weight and stopping each set short of failure.



Preacher Curl

Use either an EZ-bar or a barbell, depending on what's more comfortable for you.

2 sets, 10 reps (no rest)



Decline dumbbell bench press

2 sets, 10 reps (rest 1 min.)

DTP SUPERSET

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



Preacher Curl

Use either an EZ-bar or a barbell, depending on what's more comfortable for you.

6 sets, 30, 25, 20, 15, 10, 5 reps (no rest)



Decline dumbbell bench press

6 sets, 30, 25, 20, 15, 10, 5 reps (rest 1 min.)

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.



Flat Dumbbell Press

6 sets, 5, 10, 15, 20, 25, 30 reps (rest 5/10/15/20/25/30 sec.)

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.



Barbell Curl

6 sets, 5, 10, 15, 20, 25, 30 reps (rest 5/10/15/20/25/30 sec.)

DTP SUPERSET

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



Standing Biceps Cable Curl

3 sets, 30, 20, 10 reps (no rest)



Incline dumbbell bench press

3 sets, 30, 20, 10 reps (rest 1 min.)

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.



Incline dumbbell bench press

3 sets, 10, 20, 30 reps (rest 10/20/30 sec.)

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.



Standing Biceps Cable Curl

3 sets, 10, 20, 30 reps (rest 10/20/30 sec.)



Treadmill jogging

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

1 set, 15 mins