

Day 65: 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

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

DTP DROPSET

Perform all 6 sets without rest, lightening the weight with each set like a continuous dropset.



Smith machine bench press

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



Decline Dumbbell Fly

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

DTP DROPSET

Perform all 6 sets without rest, lightening the weight with each set like a continuous dropset.



Decline Dumbbell Fly

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

DTP DROPSET

Perform all 6 sets without rest, lightening the weight with each set like a continuous dropset.



Incline Dumbbell Fly

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



Rope Press-Down

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

DTP DROPSET

Perform all 6 sets without rest, lightening the weight with each set like a continuous dropset.



Low cable overhead triceps extension

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



Close-Grip Push-up

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.



Feet-elevated bench dip

1 set, 5 reps (rest 5 sec.)
1 set, 10 reps (rest 10 sec.)
1 set, 15 reps (rest 15 sec.)
1 set, 20 reps (rest 20 sec.)
1 set, 25 reps (rest 25 sec.)
1 set, 30 reps (rest 30 sec.)



Treadmill jogging

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

1 set, 15 mins