

## Day 47: Triceps, Calves

### DTP SUPERSET (WARM-UP SETS)

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



#### Close-grip bench press

2 sets, 10 reps (no rest)



#### Seated Calf Raise

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.



#### Close-grip bench press

1 set, 30 reps (no rest)  
 1 set, 25 reps (no rest)  
 1 set, 20 reps (no rest)  
 1 set, 15 reps (no rest)  
 1 set, 10 reps (no rest)  
 1 set, 5 reps (no rest)



#### Seated Calf Raise

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



### Close-grip bench press

Perform on an incline bench. See video for details.

- 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.)

## DTP EXTREME SET

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



### Seated Calf Raise

- 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.)



### Cable V-bar push-down

- 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.



### Cable overhead triceps extension

- 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.)



## 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