

Day 2: Chest, Triceps

INCLINE DUMBBELL BENCH PRESS (WARM-UP SETS)

Use light weight and stop each set short of failure.



Incline dumbbell bench press

2 sets, 10 reps (rest 1 min.)



Incline dumbbell bench press

3 sets, 8-12 reps (rest 90 sec.)



Flat Dumbbell Press

3 sets, 8-12 reps (rest 90 sec.)



Incline Dumbbell Fly

3 sets, 8-12 reps (rest 90 sec.)



Chest dip

Use an assisted dip machine if needed, or add weight if the rep range is too easy.

3 sets, 8-12 reps (rest 90 sec.)



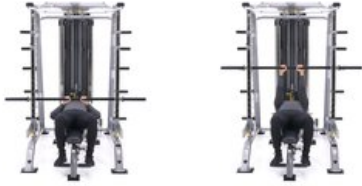
Cable V-bar push-down

3 sets, 8-12 reps (rest 90 sec.)



Kneeling cable triceps extension

3 sets, 8-12 reps (rest 1 min.)



Smith Machine Close-Grip Bench Press

3 sets, 8-12 reps (rest 1 min.)



Elliptical trainer

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

1 set, 15 mins