

Day 79: Chest, Back

DTP GIANT SET (WARM-UP SETS)

Perform the exercises in order with no rest between exercises and 2 min. of rest between sets. Use light weight and stop each set short of failure.



Machine chest press

Perform with the left arm only.

2 sets, 10 reps (left side, no rest)



Incline dumbbell row

Perform with the left arm only.

2 sets, 10 reps (left side, no rest)



Machine chest press

Perform with the right arm only.

2 sets, 10 reps (right side, no rest)



Incline dumbbell row

Perform with the right arm only.

2 sets, 10 reps (right side, rest 2 min.)

DTP GIANT SET

Perform the exercises in order with no rest between exercises or sets.



Machine chest press

Perform with the left arm only.

10 sets, 30, 25, 20, 15, 10, 10, 15, 20, 25, 30 reps (left side, no rest)



Incline dumbbell row

Perform with the left arm only.

10 sets, 30, 25, 20, 15, 10, 10, 15, 20, 25, 30 reps (left side, no rest)



Machine chest press

Perform with the right arm only.

10 sets, 30, 25, 20, 15, 10, 10, 15, 20, 25, 30 reps (right side, no rest)



Incline dumbbell row

Perform with the right arm only.

10 sets, 30, 25, 20, 15, 10, 10, 15, 20, 25, 30 reps (right side, no rest)

DTP GIANT SET

Perform the exercises in order with no rest between exercises or sets.



Single-arm pull-down

6 sets, 25, 15, 5, 5, 15, 25 reps (left side, no rest)



Single-arm cable cross-over

6 sets, 25, 15, 5, 5, 15, 25 reps (left side, no rest)



Single-arm pull-down

6 sets, 25, 15, 5, 5, 15, 25 reps (right side, no rest)



Single-arm cable cross-over

6 sets, 25, 15, 5, 5, 15, 25 reps (right side, no rest)



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