

Day 22: 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

4 sets, 8-10 reps (rest 2 min.)



Flat Dumbbell Press

3 sets, 8-10 reps (rest 90 sec.)



Decline dumbbell bench press

3 sets, 8-10 reps (rest 90 sec.)



Pec Deck Fly

Either stretch or flex your chest during your rest periods.

7 sets, 8-10 reps (rest 30 sec.)



Reverse-Grip Triceps Extension

4 sets, 8-10 reps (rest 90 sec.)



Close-grip bench press

3 sets, 8-10 reps (rest 90 sec.)



Seated triceps press

3 sets, 8-10 reps (rest 90 sec.)



Rope Press-Down

Either stretch or flex your triceps during your rest periods.

7 sets, 8-10 reps (rest 30 sec.)



Swimming

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

1 set, 15 mins