

Day 72: Chest, Triceps

DUMBBELL BENCH PRESS (WARM-UP SETS)

Use light weight and stop each set short of failure.



Dumbbell Bench Press

2 sets, 10 reps (rest 1 min.)

DTP TRISET

Perform the exercises in order with no rest between exercises and 2 min. of rest between sets.



Dumbbell Bench Press

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



Incline Dumbbell Fly

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



Cable cross-over

5 sets, 30, 25, 20, 15, 10 reps (rest 2 min.)

DTP TRISET

Perform the exercises in order with no rest between exercises and 2 min. of rest between sets.



Cable cross-over

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



Incline Dumbbell Fly

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



Dumbbell Bench Press

5 sets, 10, 15, 20, 25, 30 reps (rest 2 min.)

DTP TRISET

Perform the exercises in order with no rest between exercises and 2 min. of rest between sets.



Cable V-bar push-down

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



Low cable overhead triceps extension

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



Rope Press-Down

5 sets, 30, 25, 20, 15, 10 reps (rest 2 min.)

DTP TRISET

Perform the exercises in order with no rest between exercises and 2 min. of rest between sets.



Rope Press-Down

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



Low cable overhead triceps extension

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



Cable V-bar push-down

5 sets, 10, 15, 20, 25, 30 reps (rest 2 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