

Day 58: Chest, Back

DTP SUPERSET (WARM-UP SETS)

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



Flat Dumbbell Press

2 sets, 10 reps (no rest)



T-Bar Row

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.



Dumbbell Bench Press

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



T-Bar Row

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

DTP SUPERSET

Perform the exercises in order with no rest between exercises and 1 min. of rest between sets.



Incline Dumbbell Fly

3 sets, 10, 20, 30 reps (no rest)



Dumbbell bent-over row

3 sets, 10, 15, 20 reps (rest 1 min.)

DTP SUPERSET

Perform the exercises in order with no rest between exercises and 1 min. of rest between sets.



Lat pull-down

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



Chest dip

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

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

DTP SUPERSET

Perform the exercises in order with no rest between exercises and 1 min. of rest between sets.



Cable cross-over

3 sets, 10, 20, 30 reps (no rest)



Pull-Down

3 sets, 10, 15, 20 reps (rest 1 min.)



Treadmill jogging

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

1 set, 15 mins