

Day 9: 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, 14-18 reps (rest 90 sec.)



Flat Dumbbell Press

4 sets, 14-18 reps (rest 90 sec.)



Incline Dumbbell Fly

4 sets, 14-18 reps (rest 1 min.)



Incline EZ-bar skullcrusher

4 sets, 14-18 reps (rest 1 min.)



Triceps dip

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

4 sets, 14-18 reps (rest 1 min.)



Cable V-bar push-down

4 sets, 14-18 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