

## Chest, Biceps



### Treadmill walking

1 set, 10 mins



### Rotator cuff warm-up

2 sets, 12 reps (rest 1 min. )

## DECLINE BARBELL BENCH PRESS (WARM-UP SETS)

For the first warm-up set, use a weight you can easily handle for 10-12 reps. For the second, use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



### Decline barbell bench press

2 sets, 10-12 reps (rest 1 min. )



### Decline barbell bench press

Perform one set to failure. Use a spotter to help you perform the final reps.

1 set, 6-8 reps

## INCLINE DUMBBELL BENCH PRESS (WARM-UP SETS)

Use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



### Incline dumbbell bench press

Use a bench set to around a 45-degree incline.

1 set, 10-12 reps



### Incline dumbbell bench press

Use a bench set to around a 45-degree incline. Perform one set to failure. Use a spotter to help you perform the final reps.

1 set, 6-8 reps

## DUMBBELL CHEST FLY (WARM-UP SETS)

Use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



### Dumbbell Fly

1 set, 10-12 reps



### Dumbbell Fly

Perform one set to failure. Use a spotter to help you perform the final reps.

1 set, 8-10 reps

## CONCENTRATION CURL (WARM-UP SETS)

Use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



### Concentration curl

1 set, 10-12 reps (left side, no rest)



### Concentration curl

1 set, 10-12 reps (right side)

## CONCENTRATION CURL

Perform all of the reps on one side before switching to the other side.



### Concentration curl

1 set, 6-8 reps (left side, no rest)



### Concentration curl

1 set, 6-8 reps (right side)



### Barbell Curl

Perform this set to failure. Use a spotter to help you perform the final reps.

1 set, 6-8 reps