

Day 4: Chest, Triceps

DECLINE BARBELL BENCH PRESS (WARM-UP SETS)

Add weight progressively across 2-3 sets, stopping each one well short of failure.



Decline barbell bench press

3 sets, 10 reps (rest 1 min.)



Decline barbell bench press

During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)



Barbell Bench Press - Medium Grip

During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)



Barbell Incline Bench Press Medium-Grip

During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)



EZ-bar skullcrusher-

During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)



Seated triceps press

Perform on an incline bench, if possible. During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)

