

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