

Day 52: Chest, Calves

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

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

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.



Decline Dumbbell Fly

1 set, 5 reps (rest 5 sec.)
 1 set, 10 reps (rest 10 sec.)
 1 set, 15 reps (rest 15 sec.)
 1 set, 20 reps (rest 20 sec.)
 1 set, 25 reps (rest 25 sec.)
 1 set, 30 reps (rest 30 sec.)

DTP SUPERSET

Perform the exercises in order with no rest between exercises and 1-2 min. of rest between sets.



Machine chest press

1 set, 30 reps (no rest)
1 set, 25 reps (no rest)
1 set, 20 reps (no rest)
1 set, 15 reps (no rest)
1 set, 10 reps (no rest)



Calf Press On The Leg Press Machine

Perform on the left side only.

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



Calf Press On The Leg Press Machine

Perform on the right side only.

5 sets, 30, 25, 20, 15, 10 reps (right side, rest 1-2 min.)

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.



Pec Deck Fly

1 set, 5 reps (rest 5 sec.)
1 set, 10 reps (rest 10 sec.)
1 set, 15 reps (rest 15 sec.)
1 set, 20 reps (rest 20 sec.)
1 set, 25 reps (rest 25 sec.)
1 set, 30 reps (rest 30 sec.)

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.



Calf Press On The Leg Press Machine

1 set, 5 reps (rest 5 sec.)
1 set, 10 reps (rest 10 sec.)
1 set, 15 reps (rest 15 sec.)
1 set, 20 reps (rest 20 sec.)
1 set, 25 reps (rest 25 sec.)
1 set, 30 reps (rest 30 sec.)



Rower

1 set, 15 min. Alternate 3 min. of easy rowing with 1 min. of harder rowing, or perform other cardio of your choice.

1 set, 15 mins