

## Day 39: Chest, Biceps

### 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

Attempt to reach failure at 8-10 reps in the second set, then use forced reps or rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 min.)



Machine chest press

Attempt to reach failure at 8-10 reps in the second set, then use forced reps or rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 min.)



**Decline dumbbell bench press**

Attempt to reach failure at 8-10 reps in the second set, then use forced reps or rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 min.)



Cable cross-over

Attempt to reach failure at 8-10 reps in the second set, then use rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 min.)



Alternating Dumbbell Curl

Attempt to reach failure at 8-10 reps per side in the second set, then use forced reps or rest-pause to perform another 2-4 reps per side.

2 sets, 16-24 reps (alternating, 8-12 reps per side, rest 2 min.)



### Barbell Curl

Attempt to reach failure at 8-10 reps in the second set, then use rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 min.)

## SINGLE-ARM MACHINE PREACHER CURL

Perform all of the reps on one side before switching to the other side. Don't rest between sides and rest 2 min. between sets.



### Single-Arm Preacher Machine Curl

Attempt to reach failure at 8-10 reps in the second set, then use rest-pause to perform another 2-4 reps.

3 sets, 8-12 reps (left side, no rest)



### Single-Arm Preacher Machine Curl

Attempt to reach failure at 8-10 reps in the second set, then use rest-pause to perform another 2-4 reps.

3 sets, 8-12 reps (right side, rest 2 min.)



### Elliptical trainer

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

1 set, 15 mins