

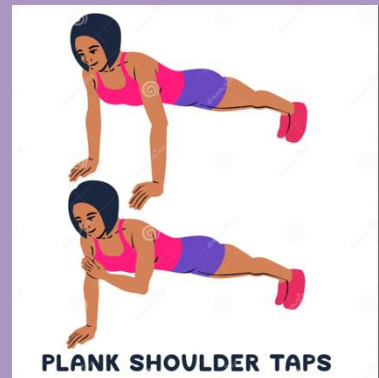
# Workout of the Day

## Term of the Day: Drop Set

Performing a set to failure, then reducing the weight and continuing for additional reps

### Warmup:

- 2 x 10 jumping jacks
- 2 x 8 plank shoulder taps



### Main set:

- 3 x 10 shoulder press
- 3 x 10 chest press
- 3 x 10 bicep curls
- 3 x 8 drop set lat pulldown (reduce weight 25% and perform an additional 5 reps)

