



CHEST DELTS & TRIS

Chest

1/ Slight incline dumbbell press

Set the bench between flat and conventional incline. Work your way up to a tough set of 8 and hit 3 working sets of 8 with it.

3 working sets

2/ Incline smith machine press

For this we want to hit sets of 6 reps but taking small jumps until we can barely get 6 reps with perfect form. Remember take small jumps so we get enough working sets. Count the last 3 sets.

3 working sets

3/ Machine press

Hopefully you have a machine that converges, we are aiming for 3 tough sets of 10 reps here, hold the contraction for 1 second. If you only have access to a hammer strength press I would add bands to it.

3 working sets

4/ Peck deck

Nothing fancy here just aiming for 3 sets of 15 reps, work the stretched position and squeeze the contraction. Control.

3 working sets

Delts

1a/ Reverse peck deck

Sets of 20 on these.

Superset with

1b/ Dumbbell side laterals

Sets of 8 reps with 6 partials added.

3 total rounds.

2/ Machine press

Simply work your way up to a tough set of 8 and stick with it for 3 sets.

3 working sets

Triceps

1/ V bar triceps extension

4 sets of 12 reps on these, work a full range of motion and get a good stretch. Do not lock out.

4 working sets

2/ Overhead rope extension

Cable set to the bottom, lets finish off the triceps with 3 sets of 10 reps

3 workings sets

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