



Chest/Triceps

Advanced Trainee

(Superset)

Flat DB Bench Press (8 Reps Heavy) SS Diamond Push Ups (15-20 Reps) (5 sets – 60 sec rest)

(Superset) Incline Cable Flys (15 Reps) SS Tricep Rope Pushdowns (12 Reps) (4 sets- 45 sec Rest)

(Giant-Set) Incline DB Press (8 Reps Heavy)

SS

Incline DB Flys (12 Reps)

SS

Skull Crushers (15 Reps) (4 sets- 60 sec Rest after round complete)

(Giant-Set) Close Grip Bench Press (8 Reps)

SS

Flat DB Flys (12 Reps)

SS

Dips (to failure) (5 sets- 60 sec rest)

Beginner Trainee

Flat Bench 4 sets of 12,10,8,6 (Heavy) 90 sec rest

Incline DB Press SS Tricep Pushdowns SS

Flat DB Flys SS Over head Rope Press (4 sets – 60 sec rest) : 10-12 Reps each

Push-Ups: 100 Reps: little sets as possible (no rest)