

CHEST & BACK				
EXERCISE	SETS	REPS	TEMPO	REST
SET 1				
Bench Press	3*	12	4110	
Bent Over Row	3*	12	4110	90 Seconds
SET 2				
Incline DB Bench Press	4	15	3110	
Incline DB Row	4	15	3110	90 Seconds
SET 3				
Press-up normal	4	15	3110	
Wide Arm Pull-up	4	10	3111	
Press-up Diamond	4	5	2110	120 Seconds

*** DROPSET:** After the final set of reps, drop the weight by 15% and complete another set. Repeat once more. E.G, Bench Press. On your 3rd set do 12 reps. Then drop the weight by 15% and do another 12. No rest. Drop the weight 15% again and do another 12. 5 sets in total.

All exercises in each set are completed as a SUPERSET (done back to back, with no rest)

If you can't complete the required reps at the required tempo, lower the weight or rest for a few seconds. Make sure to complete all reps in the set.

