

Chest and Triceps – Routine 2

Exercise	Sets	Reps
Barbell Bench Press (Drop Set) (Drop Set)	3	3 5 10
Incline Dumbbell Chest Press (Drop Set) (Drop Set)	3	4 5 12
Incline DB Chest Flies Dropset 1/2 weight	3	12 12
Machine Chest Flies (Drop Set)	3	12 12
Incline Smith Machine Chest Press (Drop Set)	3	5 10
Tricep Extensions (V-Bar) (Drop Set)	3	12 12
Dumbbell Chest Pull Overs Dumbbell Chest Press Peaks	3	10 12
Single Arm Machine Tricep Extensions	3	12 Reps each side
Single Arm Under Grip Cable Tricep Push Down	3	12 Reps each side