

DOMINANT CHEST & TRICEPS

REPS

EXERCISE

15-

Chest Press +Chest Fly

12-

Skull Crusher

10-

Plank Up downs

10-

Triceps Kick Back

12-

Push Ups

15

Dips

Pairing two movements back to back, for rep count x3 rounds of each. Using Band or Dumbbells for these movements.