



Chest & Triceps Triumph

Exercise	Rest	Sets	Reps	Weight	Notes
Flat dumbbell press with resistance band	1:30	4	8		
Flat dumbbell fly	1:30	4	8		
superset					
Flat pronation grip dumbbell fly					
Incline dumbbell press	1:30	4	8		
One-hand extension	1:30	5	12		
superset					
One-hand reverse extension					