

Friday

Incline Dumbbell Press (30 degree incline): 5-8, 6-8, 8-10 (RPT)

Sternum Pull ups: 6, 6, 6 (RPT)

Incline Dumbbell Curls: 5-8, 6-8, 6-8, 6-8 (RPT)

Machine Rear Delt Flyes: 15-20, 4-6, 4-6, 4-6 (Rest Pause)

For Incline Dumbbell Bench Press, perform two warm up sets with a light weight for 6 and 5 reps, respectively. Your first set should be about 50% of your heavy set. For your second set, do about 60% of your heavy set.

I recommend dropping the weight by 10 lbs per dumbbell on each set. When you can do all three sets for the top end of the rep range, increase the weight the next workout.

For sternum pull ups, you may need to start with just your bodyweight for sets of 6-8 reps. Eventually you want to perform these reverse pyramid style, dropping the weight about 10% on each set (bodyweight included). So if you're 180 lbs and your first set is 40 lbs.. That's a total weight of 220.

Therefore you would drop the weight by about 20 lbs on each set. You don't have to get your chest all the way up to the bar on these. Just get as close as possible. Aim to keep your chest up and shoulders back. Think about pulling your elbows forward and down to the ground. Your back should feel incredibly activated.

If you're doing these weighted, I recommend doing one warm up set of about six reps.

For incline dumbbell curls, start with a heavy weight you can do for 5-8 reps. Drop the weight by 5 lbs per hand on each additional set. Keep all of the sets the same amount of reps. On your last and final set, you should perform them hammer style. When you can do all four sets for 8 reps, increase the weight the next workout by 5 lbs on each set.

For Machine Rear Delt Flyes: Pick a weight you can do 15-20 times. Perform a full out set until muscular failure. Rest 10-15 seconds.

Perform 4-6 reps with the same weight. Rest 10-15 seconds and finish a total of three of these mini sets. When you can do 20 reps + 3 sets of 6 reps, increase the weight for the next workout by 5 lbs.