

TRAINING: DAY 10

Exercise	Sets	Reps	Comment
A BLOCK			
Barbell bench press	5	10	Rest 60-90 seconds between sets
B BLOCK			
Dumbbell pullover	3	10	Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit
Dumbbell overhead triceps extension	3	10	
Decline push-up	3	10	
C BLOCK			
Weighted triceps dip	3	Failure	Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit
Man maker	3	10	
SkiErg*	3	60 seconds	

* You can substitute an elliptical machine if you don't have this machine available.

NOTES:
