

Free Chest and Triceps Workout

Exercise	Sets	Reps
Cable Chest Crossover	3 1 Drop set per set	15
Tricep Dips	3 1 Drop set per set	15
Barbell Bench Press	3 1 Drop Set per set	15
Reverse Grip Tricep Extension	3 1 Drop Set per set	15
Flat Bench Dumbbell Chest Fly	3 1 Drop set per set	15
Single Arm Overhead Tricep Extension	3 1 Drop Set/arm per set	15

Cardio: 30 minutes

In Today's workout you will be doing one-drop set per set. So a drop set goes like this, you will do 15 reps of one exercise and once you have completed the initial 15 reps you will immediately drop the weight (lighten it) by 5 or 10 pounds and do 15 more reps, that equals ONE SET. You will do that drop set technique 2 more times to complete ALL 3 sets.