

10 WEEKS TO FITNESS-DAY 57: CHEST & TRICEP

GIANT SET A

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| 1) Dumbbell Bench Press: | 5 Sets of 30, 25, 20, 15, 10 Reps |
| 2) Incline Dumbbell Press: | 5 Sets of 30, 25, 20, 15, 10 Reps |
| 3) Seated Cable Crossovers: | 5 Sets of 30, 25, 20, 15, 10 Reps |

GIANT SET B

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| 4) Pec Dec: | 5 Sets of 10, 15, 20, 25, 30 Reps |
| 5) Incline Chest Press: | 5 Sets of 10, 15, 20, 25, 30 Reps |
| 6) Standing Cable Crossover: | 5 Sets of 10, 15, 20, 25, 30 Reps |

GIANT SET C

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| 7) Tricep V-Bar Push Downs: | 5 Sets of 30, 25, 20, 15, 10 Reps |
| 8) Overhead V-Bar Tricep: | 5 Sets of 30, 25, 20, 15, 10 Reps |
| 9) Tricep Rope Pushdown: | 5 Sets of 30, 25, 20, 15, 10 Reps |

GIANT SET D

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| 10) Tricep Extension: | 5 Sets of 10, 15, 20, 25, 30 Reps |
| 11) Tricep Dips: | 5 Sets of 10, 15, 20, 25, 30 Reps |
| 12) Reverse Cable Tricep Ext: | 5 Sets of 10, 15, 20, 25, 30 Reps |