



SIX WEEK TRANSFORMATION TRAINER



Day 9: Chest & Triceps

| Exercise | Sets | Reps | Rest between sets | Comments |
|----------------------------------|------|-------|-------------------|----------|
| Incline DB Fly & Press | 3 | 20 | 1 minute | |
| Superset | | | | |
| Incline DB Close-grip Press | 3 | 10 | | |
| Incline DB Press | 3 | 10 | 1 minute | |
| Superset | | | | |
| DB Fly | 3 | 10 | | |
| Pushups | 3 | 10 | 1 minute | |
| Weighted Pushups | 3 | 20 | 1 minute | |
| Cable overhead triceps extension | 3 | 10/10 | 1 minute | |
| Machine triceps extension | 3 | 10/10 | 1 minute | |
| Triceps pressdown | 3 | 10/10 | 1 minute | |