



SIX WEEK TRANSFORMATION TRAINER



Day 16: Chest & Triceps

| Exercise | Sets | Reps | Rest between sets | Comments |
|-----------------------|------|------------------------|----------------------|----------|
| Incline DB Bench | 6 | 30, 20, 10, 10, 20, 30 | Rest replicates reps | |
| Decline DB Bench | 6 | 30, 20, 10, 10, 20, 30 | Rest replicates reps | |
| Leverage chest press | 6 | 30, 20, 10, 10, 20, 30 | Rest replicates reps | |
| Triceps extensions | 6 | 30, 20, 10, 10, 20, 30 | Rest replicates reps | |
| EZ Bar skull crushers | 6 | 30, 20, 10, 10, 20, 30 | Rest replicates reps | |
| Dips | 6 | 30, 20, 10, 10, 20, 30 | Rest replicates reps | |