

Chest/Tricep Mini Hypertrophy Workout Plan

Overview: For each exercise, begin with the highest weight you can perform while maintaining proper form. After completing the first set, reduce the weight by five pounds for the second set, and then decrease it by an additional five pounds for the third set.

If you find the weight during the third set not sufficiently challenging, return to set two's weight to ensure the level of intensity is met.

This method will be used for each exercise and set, throughout your workout.

Exercises	Sets	Repetitions	Instructions	Goal
Dumbbell Chest Press	3 Sets	7-8 Repetitions	Place your feet flat on the floor. Lay down onto the bench and place your arms in the air holding the dumbbells. Let the dumbbells drop to right beside your chest and then press up.	Focus on keeping your shoulders down and pressing up through the air using your chest.
Seated Fly Cage	3 Sets	10-12 Repetitions	Sit on the seat with your back slightly arched. From there put your arms on the handles and make a hugging motion. Pick a weight that is lighter for more repetitions and controllable pace.	Make sure you are reaching a full range of motion. The handles of the machine should almost be touching every single repetition.
Push Ups	3	To Failure	Place your hands and feet on the ground, getting into a push up position.	Focus on good form and not going too fast. Slow up and down for as many repetitions as you can.
Exercises	Sets	Repetitions	Instructions	Goal
Skull Crushers	3	8-10	Find a straight bar/curl bar of your choice. Lay flat on your bench and move your hands around shoulder width apart. Move the barbell down and up at a controlled pace using your arms.	Maintain control of the bar and do not go below your head.

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Tricep Cable Push Downs	3	10	Find a straight bar and attach it to a cable machine. Set the bar up to around chest height and push down with your arms.	Go for a lighter weight to increase repetitions and definition. Control the weight and make sure you're getting full range of motion
Tricep Cable Kick Backs	3	10	Remove the attachment from the cable and lower the cable to the lowest hole. Stand a few feet back and drive the cable backwards extending your arm.	Pick a lighter weight and focus on the full range of motion. Control the pace of the weight from the positive and negative state.