

SIMPLE TRICEP/CHEST REGIMEN

Warm-Up:

Start with a 5-10 minute warm-up that includes light cardio and dynamic stretching to prepare your muscles for the workout.

Main Workout:

1. Bench Press

- Perform 6 sets of 6 to 10 reps.
- Use a weight challenging enough to reach the targeted rep range while maintaining proper form.

2. Low Weight Bench Press

- Perform as many reps as you can at 25% of your body weight for 3 sets.
- Aim to achieve a total of 90 reps across the 3 sets.

3. Pushups

- Perform one set of pushups, aiming to complete as many reps as possible and as fast as you can while maintaining good form.

4. Incline Bench Press

- Perform 6 sets of 6 to 10 reps.
- Adjust the incline bench to an angle that works the upper chest effectively.

5. Lateral Pushdowns

- Perform as many reps as you can in 3 sets.
- Aim for a total of 30 reps across the 3 sets.

Cooldown:

After completing the workout, cool down with static stretching targeting the chest and triceps muscles.

Schedule:

Perform this workout regimen 2-3 times a week, allowing at least one day of rest between sessions to allow for muscle recovery.

Important Note:

- Focus on proper form and technique for each exercise to avoid injury.
- Adjust the weights used based on your strength level to meet the rep range while maintaining proper form.
- Track your progress by noting the number of reps completed in the low weight bench press and lateral pushdowns, aiming to improve over time.

This workout routine emphasizes both strength-building with the bench press variations and endurance with higher-rep exercises like low-weight bench press and lateral pushdowns. Adjust the weights and reps as needed to suit your fitness level and gradually increase intensity as you progress.