

BVT CHEST & TRICEPS

Remember to consult your doctor before starting any diet and/or training program.

Always train smart and attempt reps and sets that are within your abilities.

Exercise	Sets	Reps	Rest	BVT Principle
Full Chest Giant Set: 1. Incline barbell presses 2. Incline dumbbell flyes 3. Flat barbell presses 4. Flat dumbbell flyes 5. Decline dumbbell presses 6. Cable crossovers 7. Push-up claps	5	10-15	As little rest as possible between exercises. 1-2 minute rest upon completion of the Giant Set.	This routine hits every part of the chest in one giant set. The sequence of exercises will allow you to continue without stopping – thereby keeping a massive amount of blood localized in the chest for an extended period of time.
Triceps Superset: 1. Weighted dips 2. Rope pressdowns	4	10-12	No rest between exercises. One minute rest after each superset is completed.	Use 2-4 second peak contractions for each exercise and move as quickly as possible from weighted dips into pressdowns to keep a steady flow of blood pumping into your triceps.

Exercise	Sets	Reps	Rest	Notes:
Full Chest Giant Set: 1. Incline barbell presses 2. Incline dumbbell flyes 3. Flat barbell presses 4. Flat dumbbell flyes 5. Decline dumbbell presses 6. Cable crossovers 7. Push-up claps				
Triceps Superset: 1. Weighted dips 2. Rope pressdowns				

