

# ROXSTAR FITNESS

## Chest, Triceps and Abs 1

### Program Introduction:

This program is all about giving a nice push and pump to your upper body via the chest, triceps and abs. Keep the weights CHALLENGING. You should always come within 1-2 reps short of failure for each exercise and each set. Listen to your body, and work in a way that won't injure you! Each time you do this workout, the goal is to beat your numbers. So always keep track via a notebook.

***Before beginning this program you must read the following [Disclaimer and Terms of Use](#). You acknowledge that you follow this workout - or any other workout on our site - at your own risk, and that you have consulted with your physician regarding your participation in this program. You also acknowledge that RoxStar Fitness, LLC is not liable for any injuries that you may incur.***

**Warm Up:** Before you begin this workout you're going to definitely want to do about 5-10 mins of easy cardio to get the blood flowing and your body ready to train. You can also follow with foam rolling any areas of your body that are tight or sore. Once you do this, you're ready to begin.

Exercise Name	Reps	Sets	Weight and Notes	Tempo	Rest
<a href="#">Decline Dumbbell Fly</a>	S1-15r S2-12r S3-10r S4-8r	4	Increase your weight for each set. You should come within 1 rep short of failure for each set. This should be applied to every exercise below.	2/1/2	60-90s
<a href="#">Barbell Ab Roll Out</a>	S1-10r S2-12r S3-15r S4-20r	4	The weight obviously cannot change for this, so we will increase the number of reps to increase difficulty.	Your Own Tempo	60-90s
<a href="#">Suspended Push Up</a>	S1-15r S2-20r S3-22r S4-25r	4	This exercise can be done with a TRX, but if you have a cable free motion machine in the gym, you can also perform it like the following. <a href="#">Free Motion Example - Click Here</a>	2/1/2	60-90s
<a href="#">Landmine 180 Twist</a>	All Sets 25 Reps	4	Each side gets 1 count	Fast	60-70s

<b>Exercise Name</b>	<b>Reps</b>	<b>Sets</b>	<b>Weight and Notes</b>	<b>Tempo</b>	<b>Rest</b>
<b><u>Tricep Dips</u></b>	S1-5r S2-6r S3-7r S4-8r	4	Once again since we can't increase weight, we'll bring the challenge by increasing the reps.	You can perform this either with your bodyweight or on the dip machine.	60-90s
<b><u>Bench Dips</u></b>	S1-20r S2-25r S3-30r	3	Once again since we can't increase weight, we'll bring the challenge by increasing the reps. Watch the tempo.	2/1/3	60-90s

[Go to top](#)

## **TERMS AND REFERENCE**

**\*\* AMRAP - As many reps as possible**

**\*\* Super Set - perform one set of each of the exercises back to back with no rest in between, you may rest as notated below after the second exercise**

**\*\* Giant Set - perform one set of each of the exercises back to back with no rest in between, this is basically like a circuit; rest only after the final exercise as notated.**

**\*\* Straight Set - perform the first set, rest, then perform the next set, rest, and repeat until you reach the final set. This is not performed as the circuit type of work above.**

**\*\* BB = Barbell, DB = Dumbbell, KB = Kettlebell, RB = Resistance Band, SB = Stability Ball, SA = Single Arm, SL = Single Leg, BO = Bent Over**

**\*\* Tempo = Eccentric (Returning to start)/Hold at the bottom of the motion/Concentric (Starting the motion)/Hold at the top of the motion. Example: Squat 2/0/2/0 2 to lower into the squat, no hold at the bottom, 2 to stand up, no hold at the top.**