

### 1/4 Dip

Only lower yourself down 4-6 inches to emphasize your triceps.



Day 4

Off

Day 5

Focus: maximal strength

Emphasis: bottom of lift; starting strength

Exercise	Sets	Reps	Rest (seconds)	% of 1RM	Bench press hand position
A1 BB partial bench press w/isometric hold (bottom)	5	3	90	85	Weakest in 1RM test
A2 DB face down side raise	5	3	90	85	n/a
B1 Half dip	5	3	90	85	n/a
B2 DB decline pullover	5	3	90	85	n/a
B3 DB external rotation	5	3	90	85	n/a

### Exercise notes

#### Barbell partial bench press with isometric hold (bottom)

Hold the load at your chest for three seconds before pressing halfway up. You won't straighten your arms completely until you're racking the weight following your final rep of each set.



#### Dumbbell face down side raise

Set the bench angle to 45 degrees. Don't let your arms drop all the way down during the lowering portion.

