

## For getting shredded Natural pro Bodybuilder Bernard Cunningham

### Tuesday Chest & arm

#### Resistance Training

You can also do resistance training like doing bench press for example you can go down real slow and come up moderate speed not too fast or you can do the opposite like going down real slow and coming up or you can do the negative and the positive to make it really hard like going down slow and come up slow, you do 5-10 reps then do the last few reps kind of fast on each set if you're to burn out on your second or third set then just do the 3 or 4 set the normal way.

#### 1. Smith machine bench superset with peck deck or dumbbell peck deck

**Smith Machine Bench press** do not bounce off the chest, touch the peck of your chest then push the weight up leaving a slight bent in your elbow, maintain control of the movement, Superset with peck deck machine or dumbbell peck deck, with **peck deck machine** squeeze the peck for a quick sec touching the bars together to contract the chest, do not clap them then bring the bar out to the side of you stretching your chest, with **dumbbell fly's**, grab a light or moderate weight, bring the weight down on the side of you stretching your chest why you are lying on the bench breaking parallel in your arms a little, bring the weight up palms facing together keeping your arm straight with a slight bent in your elbow, squeeze the chest, do not clap the weights together, bring it close together a inch apart to contract the muscle, you can also do this with your feet in the air legs cross, start off light, you can go heavier once you master the form.

**Smith machine bench press, 4-5 sets 15-10 super set with peck deck machine or dumbbell fly's, 4 set 15, complete a drop set with smith machine bench.**

2. Smith machine incline bench press ,bring the weight to the upper part of your chest do not bounce, touch or get close to the upper chest then push the weight up leaving a slight bent in your elbows , **4-5 sets 15-10 reps.**

3. **Dumbbell bench press superset dumbbell incline press none stop with no rest in between**, bench the weight up leaving the weight an inch or two apart so it can contract the chest, do not clap the weight together, bring the weight down on the outside of your peck, then let the bench up to an incline position, perform the workout the same form, do a repetition of 10-8 dumbbell bench press and 10-8 incline bench press a total of **20-16 for 1 rep, complete 4 sets.**

4. **Cable crossover**, grab the handles from each side, you should feel your chest stretching, bring your feet together leaving a slight bent in the knees, bring the cables down a feet ½ away from your stomach leaving a slight bent in your elbows touching the handles together softly with your palms facing each other squeezing the chest feeling the contraction then slowly go back to the start position stretching the chest, **4 sets, 15 reps. Stroll down for the next work**

## Arms

### 1. Super 21's with cur bar giant with triceps pull down with curl bar and rope

**Super 21's** with curl bar, start off with the weights down bringing it half way up until your wrist is parallel with your elbow for 7 reps then bring it toward your upper chest and half way down until your wrist is parallel to your elbow for 7 reps then complete 7 more reps full range of motion, make sure you squeeze the biceps on each rep and do not swing the weight control it going up and down, **4 set performing a giant set**, with **triceps pull down with the curl bar or straight bar**, when performing the triceps pull down with the curl bar or straight bar keep your elbow tight to your side during the entire movement, squeeze the triceps to contract it, control the movement, with **triceps pull down with the rope** slightly twisting your right wrist right and your left wrist left to contract the triceps, maintain the same movement as triceps pull down **so you will be performing one bicep workout and two triceps workout for one set.**

**Super 21's giant set with triceps pull down and triceps pull down with rope 4 sets, 15-12 reps.**

With **preacher curl** it is important to squeeze the biceps, control the movement, you do need a lot of weight to perform this exercise unless your biceps require it, leave a slight bent when extending the arm too much of a bend is in correct, **4 sets 15-12 reps.**

2. **Triceps kickbacks** keep your elbow high and close to your waist, squeeze the triceps when performing this workout to contract it.

3. **Concentration curls**, when doing this do not lift up with your shoulders, if you are doing this you are involving the shoulder and the weight is to heavy, squeeze the biceps, you can also seat down and perform this workout, **4 sets, 10 reps** super set standing **triceps overhead extension with rope**, when performing this workout keep the elbows in tight, squeeze the triceps slightly twisting your right wrist right and your left wrist left contracting the triceps, control the movement, **4 sets, 15-12 reps**

4. **Overhead cable curls**, make sure the arms are fully extended when stretch out, squeeze the biceps when curling, **4 sets, 15-12 reps.**

Wear hoodie and sweat pants to burn more calories for best results.

Rest 30 sec to a min in between sets, you can choose to split the body parts making it a five day a week workout if you choose.

To stay injury free is best to have a weight belt, knee and elbow wraps for heavy lifting, for a strong grip have some lifting strap for workouts like deadlift, always stretch in between workouts to avoid injury and long term damage to joints and also you can do 10-15 min cardio before your workout to warm up your body.

