



Chest:
Advanced Trainee

Pre- Exhaust Warm up:
Incline Bench Cable Flys: 5 X 20 Reps (Set Incline Bench Up in Middle of Cable Apparatus and set cables to very bottom of pulley system)
SS
Decline Push-Ups
30 sec Rest Between Sets

5X5 Flat BB Press 3:1 Tempo- 90 sec rest

Incline DB Press 15/12/10/8/15 3:1 Tempo-3:1
SS
Incline DB Flys 10 Reps 3:3 Tempo
5 overall sets 60 sec rest between sets

Incline DB Pull Overs 15 reps
SS
Decline Push-Ups (to failure)
5 sets 30 sec rest

Incline Hammer Press
SS
Dips
5 sets 30 sec rest between sets

Flat DB Press 8/6/4/1/8- 3:1 Tempo 60 sec rest between sets

Hammer Press Machine Elevators: Get on standard hammer press machine (working middle of chest) Pick your heaviest weight: Do 1 Rep, than drop the weight by 10lbs and perform 2 reps, do this same patter until you reach the 12th set hitting 12 total in the end

Beginner:
Push-UPs: 100 Reps in as little sets as possible- take rest as needed
Incline DB Press: 8/5/3/1/8- 90 sec rest perform your heaviest weight and than drop back to original weight for set number 5
Flat DB Press: 12/10/8/6 with drop set to failure in final set
Incline Hammer Press (Machine): 3 sets of 12 Reps- 30 sec rest
Low to High Cable Flys: 3 sets of 15 Reps- 30 sec rest
Flat DB Flys: 3 sets of 15 Reps- 30 sec rest
Assisted Dips: 4 sets of 12 Reps- 60 sec rest