

Chest
Muscle Building



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	Exercise	Notes	Set 1		Set 2		Set 3		Set 4		Set 5	
			Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Warm-Up	Warm-Up	10 mins (any cardio machine) - goal 10+ cal/min										
	Barbell Bench Press	Flat Bench	20		12		10		10		8	
	Dumbbell Incline Bench Press	On Bench	20		12		10		10		8	
Workout	Cable Chest Press		20		12		10		10		8	
	Forward/Backward Walking Push-ups	Start in plank position and push up. Walk forward in plank position keeping back flat and push up. Repeat 10 reps forward. Pause briefly and repeat movement walking backwards for 10 reps.	10/ direction									
	Cool Down	5 mins (any cardio machine) - goal 10+ cal/min										
Cool Down	Stretch											