



Heroic Chest Workout

Exercise	Rest	Sets	Reps	Weight	Notes
Push-ups	0:30-0:60	3	20		Warm-up sets I Go/You Go if performed with partner
Flat dumbbell press drop set	1:30	3	4 6 10		
Bench press	1:30	3	8		Wide-to-regular-to-close grip
Flat dumbbell fly superset Barbell pullover	1:30	3	12		
Incline cable fly giant set Decline cable fly Incline cable press	1:30	3	20		