



# LVHR Chest Workout

| Exercise                       | Rest | Sets | Reps | Weight | Notes                                                |
|--------------------------------|------|------|------|--------|------------------------------------------------------|
| Partial cable fly              | 1:00 | 4    | 15   |        |                                                      |
| <b>superset</b>                |      |      |      |        |                                                      |
| Dumbbell upper chest shrug     |      |      |      |        |                                                      |
| Incline dumbbell press         | 1:00 | 3    | 12   |        |                                                      |
| Close neutral grip bench press | 1:00 | 3    | 12   |        | Note: use dumbbells if you don't have multi-grip bar |