



Chest Demolition

Exercise	Rest	Sets	Reps	Weight	Notes
Incline bench press	1:00	2	10-12		Warm-up set
Incline bench press	1:30	4	6-8		
Flat dumbbell press	1:30	4	8-10		
superset					
Flat dumbbell fly					
Machine press	1:30	4	10		On drop set, use half of the weight you used for 10 reps
drop set			max		