



Fascia's End Chest Workout

Exercise	Rest	Sets	Reps	Weight	Notes
Bench press	1:00	2	8		Warm-up sets
Bench press	1:30	4	6-8 6-8 1-3 1-3		
Incline dumbbell press	1:30	4	10 8 4-5 3-4		
Incline cable flye (knees on floor)	1:30	3	20		