



Chest Destruction

Exercise	Rest	Sets	Reps	Weight	Notes
Cable flyes	1:30	4	20		
Bench press	1:30	4	6		Dumbbell press tempo: 4-0-1
superset					
Dumbbell press			8		
Incline dumbbell press	1:30	3	10		
superset					
Incline elastic band press			15		
Push-ups	1:30	3	15-20		Flat dumbbell fly tempo: 3-0-1
superset					
Flat dumbbell fly			12		