

**Team Fitt**

Chest, Shoulders & Biceps Mass Builder

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Exercise	Rest	Sets	Reps	Weight	Notes
Bench Press	1:30	4	6		Temp: 3-2-2-0 Down 3 sec, hold 2 sec, press in 2 sec & repeat
Db flat press	1:30	3	8		3-2-2-0
Barbell press	1:30	4	6		3-2-2-0
Side db raise	1:30	4	20		3-0-2-2
Barbell curl		4	6		1min rest after barbell curl, then 1min30 rest after the alternating db curl (3-0-2-2)
Superset			8		
Alternating db curl					