



Team Fitt

# Mirror attack

## Chest & Back

| Exercise                      | Rest | Sets | Reps | Weight | Notes                                                      |
|-------------------------------|------|------|------|--------|------------------------------------------------------------|
| Incline Db Flyes              | 1:00 | 3    | 12   |        |                                                            |
| Bench Press                   | 1:30 | 4    | 6    |        | 3-0-2                                                      |
| Standing Cable Flyes          | 1:30 | 4    | 12   |        | 3-0-2                                                      |
| superset                      |      |      |      |        |                                                            |
| Push-ups                      |      |      | max  |        | 3-0-1                                                      |
| Upper Chest Cable Front Raise | 1:00 | 3    | 15   |        | 3-0-2                                                      |
| superset                      |      |      |      |        |                                                            |
| Pull-ups                      |      |      | 15   |        |                                                            |
| V-bar Mid Row                 | 1:00 | 4    | 12   |        | Increase the weight every set (About 10 pounds if you can) |
| Standing Cable Pullover       | 1:00 | 3    | 15   |        |                                                            |
| superset                      |      |      |      |        |                                                            |
| Standing DB Back Flyes        |      |      | 15   |        |                                                            |
|                               |      |      |      |        |                                                            |