



CHEST OBLIVION

Exercise	Rest	Sets	Reps	Weight	Notes
Bench press	1:30	6	8 8 8 8 10 12		2 warm-up sets 4 working sets
Incline cable fly superset Wide grip push-up	1:30	3	10 15		Palms pointed out
Incline dumbbell press superset Incline push-up	1:00	3	8 15/ max		
Push-up	0:20	10	10		