Exercise 05 Chest Press

| Exercise Dumbbell Chest Press | # of sets | REPS / Weight 6 - 8 Mild - Heavy | MINDSET/ FOCUSES INSTRUCTIONS Working Set, Full SQUEEZE |
|--------------------------------|-----------|----------------------------------|---|
| Exercise Dumbbell Chest Press | # of sets | REPS / Weight Heavy | MINDSET/ FOCUSES INSTRUCTIONS Full on Set Till Failure |