



Day 2

Chest & Biceps

Exercise 01 Bench Press

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Incline Bench Press	1	10 Light	Warm up, Focus on the SQUEEZE, "Blood Flowing"

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Incline Bench Press	2 - 3	Mild - Heavy	Working Set, Strong SQUEEZE, Control the Negative

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Incline Bench Press	4	Heavy	Full On Set Till Failure