

Exercise 03 Chest Press

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Machine Seated Chest Press	1 - 2	6 - 8 Mild - Heavy	Working Set, Control the Negative/Statics and SQUEEZE

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Machine Seated Chest Press	3	Heavy	Full on Set Till Failure