

# Exercise 04 Dumbbell Flys

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Incline Dumbbell Flyes	1 - 2	6 - 8 Light - Mild	Working Set, Full STRETCH and SQUEEZE

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Incline Dumbbell Flyes	3	Mild	Full On Set Till Failure. "SQUEEZE"