

# Exercise 07 Bench

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Close - Grip Bench	1 - 2	6 - 10 Mild - Heavy	Working Set, Controlled Set

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Close - Grip Bench	3	Mild - Heavy	Full On Set Till Failure