

Exercise 02 Cable Fly

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Cable Flys	1 - 2	8 - 10 Light - Mild	Working Set, FULL STRETCH AND Hard SQUEEZE

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Cable Flys	3	Mild	Full on Set Till Failure