

Muscle Gain

Shoulder

incline barbell
bench press



SecVeh

Reps: 12
Sets: 3
Rest: 90

flat dumbbell
bench press



SecVeh

Reps: 12
Sets: 3
Rest: 90

cable
crossover



SecVeh

Reps: 12
Sets: 3
Rest: 90

seated lateral
raise



SecVeh

Reps: 12
Sets: 3
Rest: 90

single arm
cable lateral



SecVeh

Reps: 12
Sets: 3
Rest: 90

Chest

push ups



SecVeh

Reps: 12

Sets: 3

Rest: 90