

Muscle Gain

Workout 1: Shoulder

Incline Barbell
Bench Press



Reps: 12
Sets: 3
Rest: 90

Flat Dumbbell
Bench Press

No search
results

Cable
Crossover



Reps: 12
Sets: 3
Rest: 90

Seated Lateral
Raise



Reps: 12
Sets: 3
Rest: 90

Single Arm
Cable Lateral



Reps: 12
Sets: 3
Rest: 90

Workout 2: Chest

Push - Ups



Reps: 12
Sets: 3
Rest: 90