

Pro / workout

Day 3 / Wednesday

notes :

start with light weights first then add more weights in the next reps

rest time between sets 1 minutes

rest time between exercises 2 minutes

https://youtu.be/jXbdv6Saq1Y	6 minutes	warm up
https://youtu.be/zh9jYIKL5r4	30 seconds	Stretch
https://youtu.be/xrmu63KtF1Q	sets 1 reps 15 weight 30 kg	Chest Machine chest fly Warm up
https://youtu.be/bhWK88-FDqU	sets 5 reps 15-12-10-8-6 weight	Chest Bench Press / note / Drop Set with last set
https://youtu.be/8OUin1qpcuo	Sets 4 reps 10-10-8-6 weight	Chest Incline smith bar press
https://youtu.be/h-J6wA4zxJI	Sets 3 reps 12-10-10 weight	Chest Incline cable fly

https://youtu.be/MOn8fYlv7bk	Sets 4 reps 12 -10-10-8 weight	Chest Decline cable fly
https://youtu.be/hEI5QEuJj2A	Sets 3 reps 15-12-12 weight	Chest Dips
https://youtu.be/E3oKnwJqoJk	Sets 3 reps 10-10-10 weight	Chest Pull over
https://youtu.be/j4A-aSdhJT8	45 minutes	Cardio walking speed 5.5 km/h