**Thursday**

* **Chest Exercises**
  + Upper Chest
    - Incline Bench Press
      * 3 sets
      * 10 repetitions per one set
  + Middle Chest
    - Normal Bench Press
      * 3 sets
      * 10 repetitions per one set
  + Lower Chest
    - Decline Bench Press
      * 3 sets
      * 10 repetitions per one set
  + Cleavage
    - Machine Chest Fly
      * 3 sets
      * 10 repetitions per one set