

Chest max week

Warm Up

Activity	Sets x Reps	Weight	Image / Description
Push ups	2 x 25		
Chest fly	2 x 20	light	

Bench Press

Activity	Sets x Reps	Weight	Image / Description
Warm up	2 x 12		
Working Sets	1 x 10 1 x 6 1 x 3 1 x 1		

Activity	Sets x Reps	Weight	Image / Description
Incline DB Press	3 x 8		
Rev. grip EZ bar press	3 x 10		

Activity	Sets x Reps	Weight	Image / Description
Ant. DB raises	3 x 12		
Alt. DB Press	3 x 8e		

Activity	Sets x Reps	Weight	Image / Description
Chest Flys - high	2 x 12		
Mid	2 x 12		
Low	2 x 12		

Push Ups max reps to finish!