

Chest wk 4

Warm Up

Activity	Sets x Reps	Weight	Image / Description
Alternating Push Ups (R/L)	2 x 10		
Down Dog Push-ups	2 x 10		

Bench Press - Drop Sets

Activity	Sets x Reps	Weight	Image / Description
Warm Up	2 x 12		40% of max
Set 1	2 x 3		90% of max
Set 2	2 x 6		80%
Set 3	2 x 8		65%
Set 4	2 x 12		50%

Dumbbell Bench

Activity	Sets x Reps	Weight	Image / Description
Foregrip DB Press	15-10-8		
Rear Grip DB Press	15-10-8		
Twisting DB press	12-10-8		

Back Room Machines

Activity	Sets x Reps	Weight	Image / Description
Seated Press	4 x 10		
Seated Inc. Press	4 x 8		

F is for Finisher

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