

## Chest wk 7

### Warm Up

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

### Dumbbell Bench Press

Activity	Sets x Reps	Weight	Image / Description
Warm Up	2 x 12		25% of max
Set 1	2 x 10		60% of max
Set 2	2 x 8		80% max
Reverse Grip	4 x 10		

### Dumbbells

Activity	Sets x Reps	Weight	Image / Description
Lateral Raises	4 x 12		
Wide Grip shoulder press	4 x 10		
OH raises (one arm on bench swing other arm up)	4 x 10		

### Back room

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

### F is for Finisher

Activity	Sets x Reps	Weight	Image / Description
Shoulder flys	2 x 12 each		

Shoulder ext rotation	2 x 12 each		horizontal abduction, elbow at side
Shoulder int rotation	2 x 12 each		horizontal adduction. Elbow at side