

Chest wk 7

Warm Up

Activity	Sets x Reps	Weight	Image / Description
Alternating Push Ups (R/L)	2 x 10		
Diamond 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		
Neutral grip DB Press			
Twisting DB Press			

Activity	Sets x Reps	Weight	Image / Description
Tricep Overhead Ext	4 x 12		Using rope
Tricep Kickbacks 1 arm	4 x 12 each		Bent over, get full extension of elbow
High Chest Flys	12-10-8 (3)		
Cable Chest press	12-10-8 (3)		Keep elbows by sides

Finisher

Activity	Sets x Reps	Weight	Image / Description
KB handle press	3 x 8 each		Hold handles with weights in front, focus on strong grip
Plate press	3 x 20		
Close grip push up	3 x 10		