



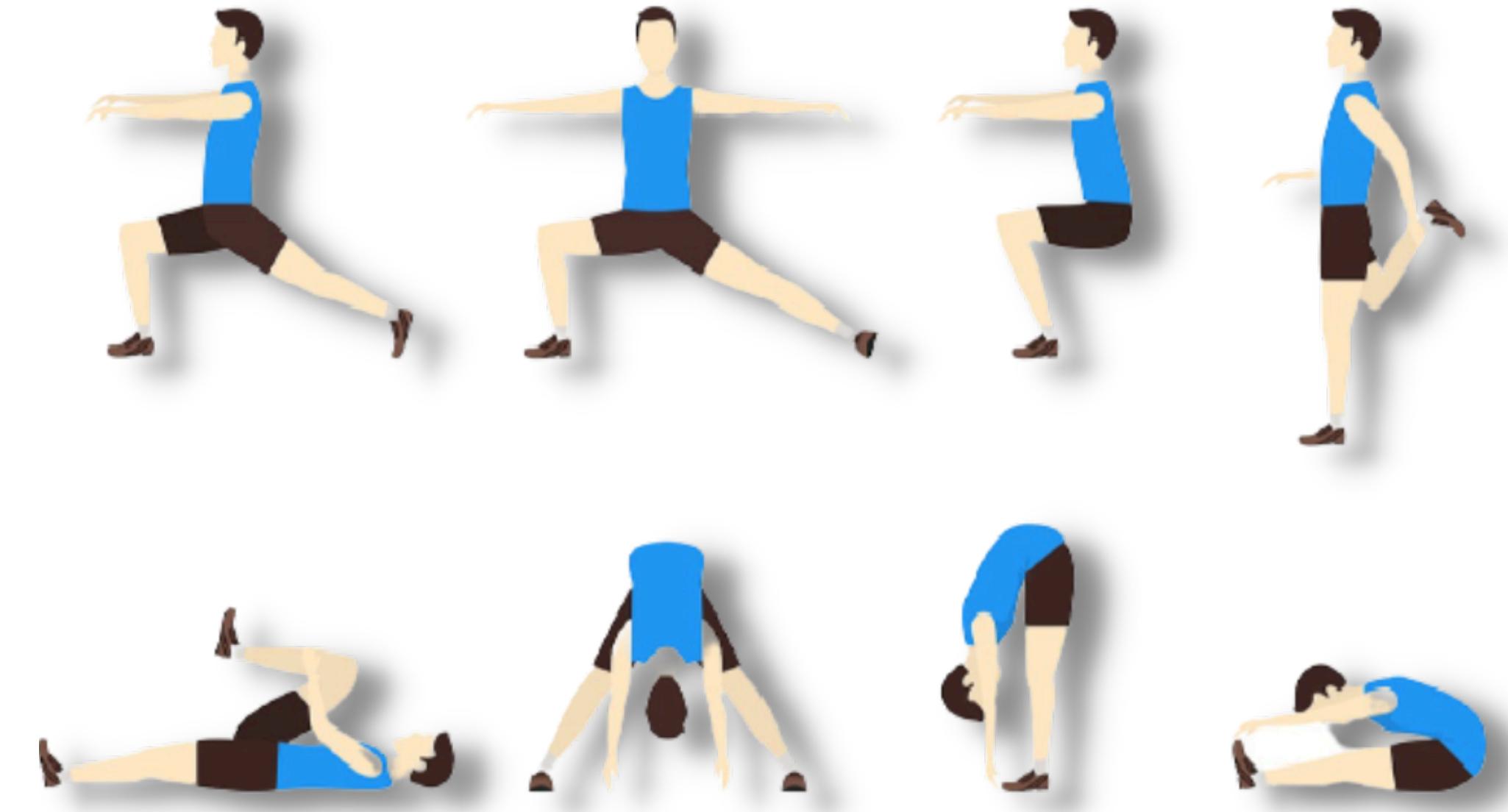
Power



DAY - 5

CHEST & LATS

- **DYNAMIC STRETCHES**



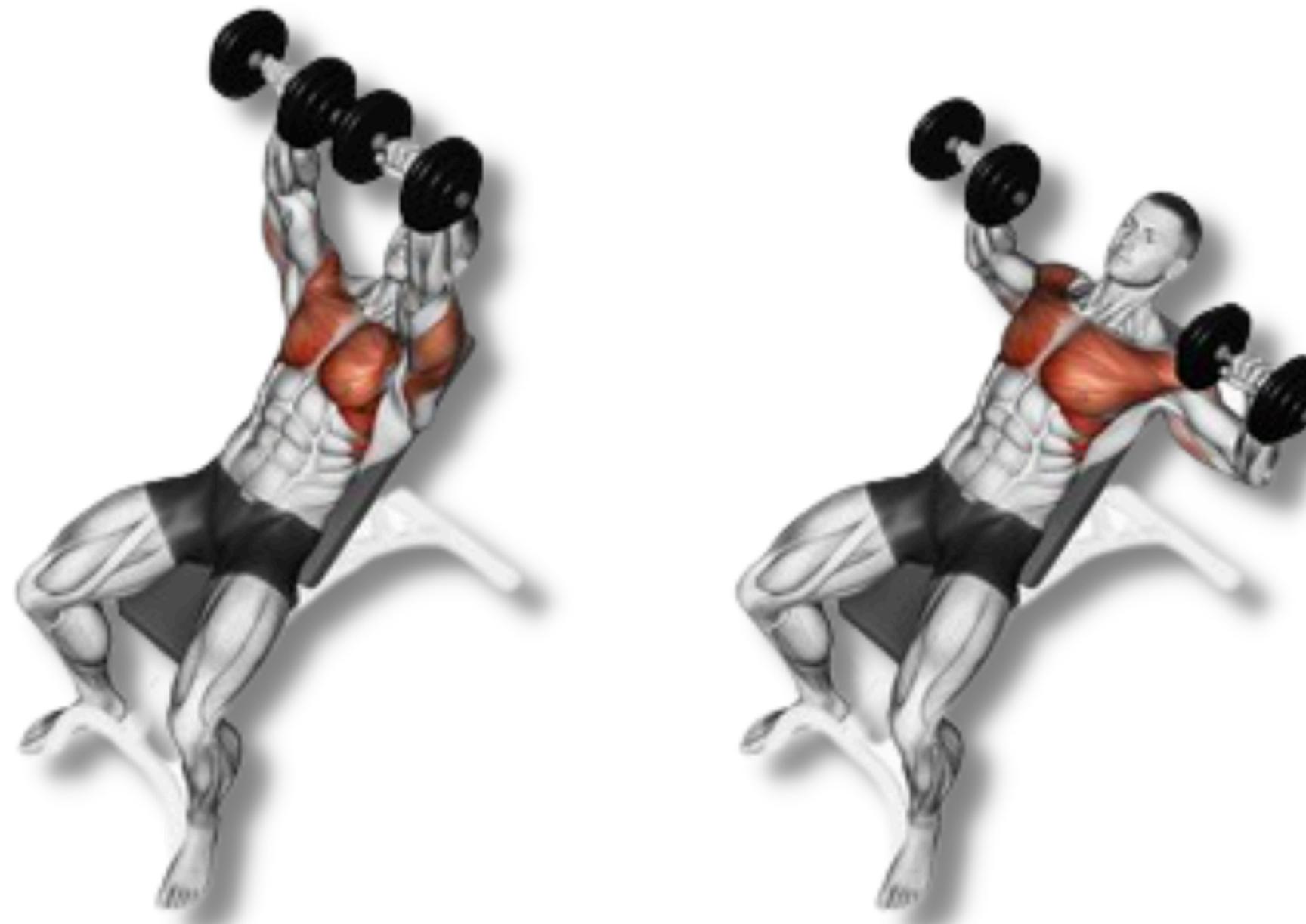
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BENCH PRESS

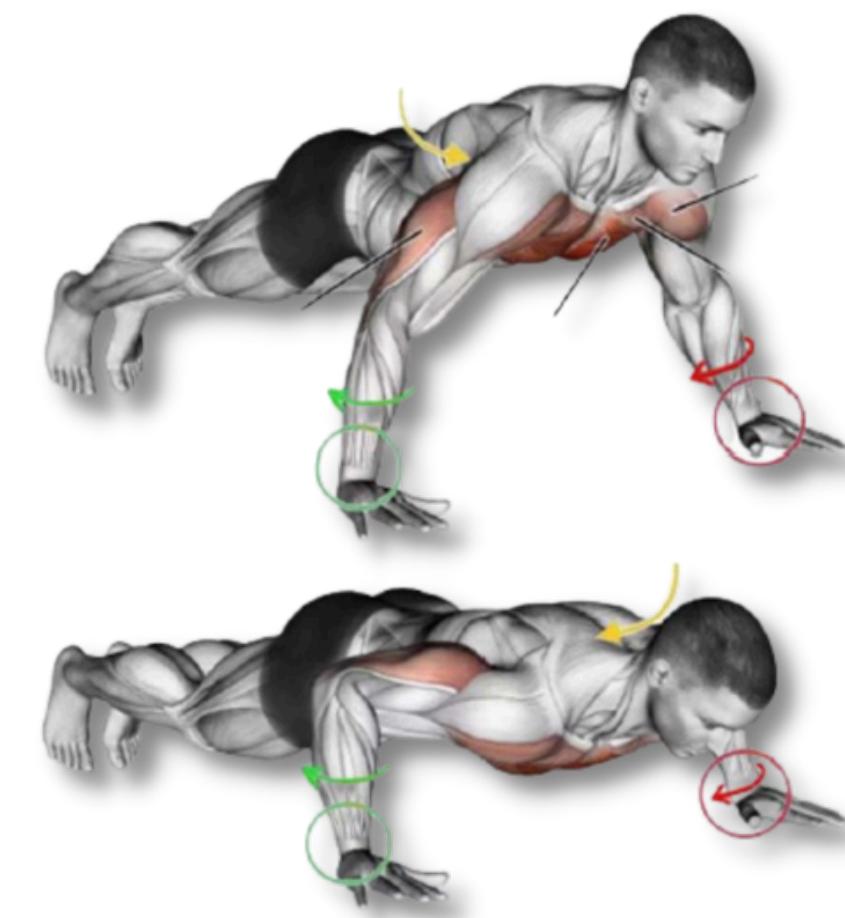
(3*10-12)



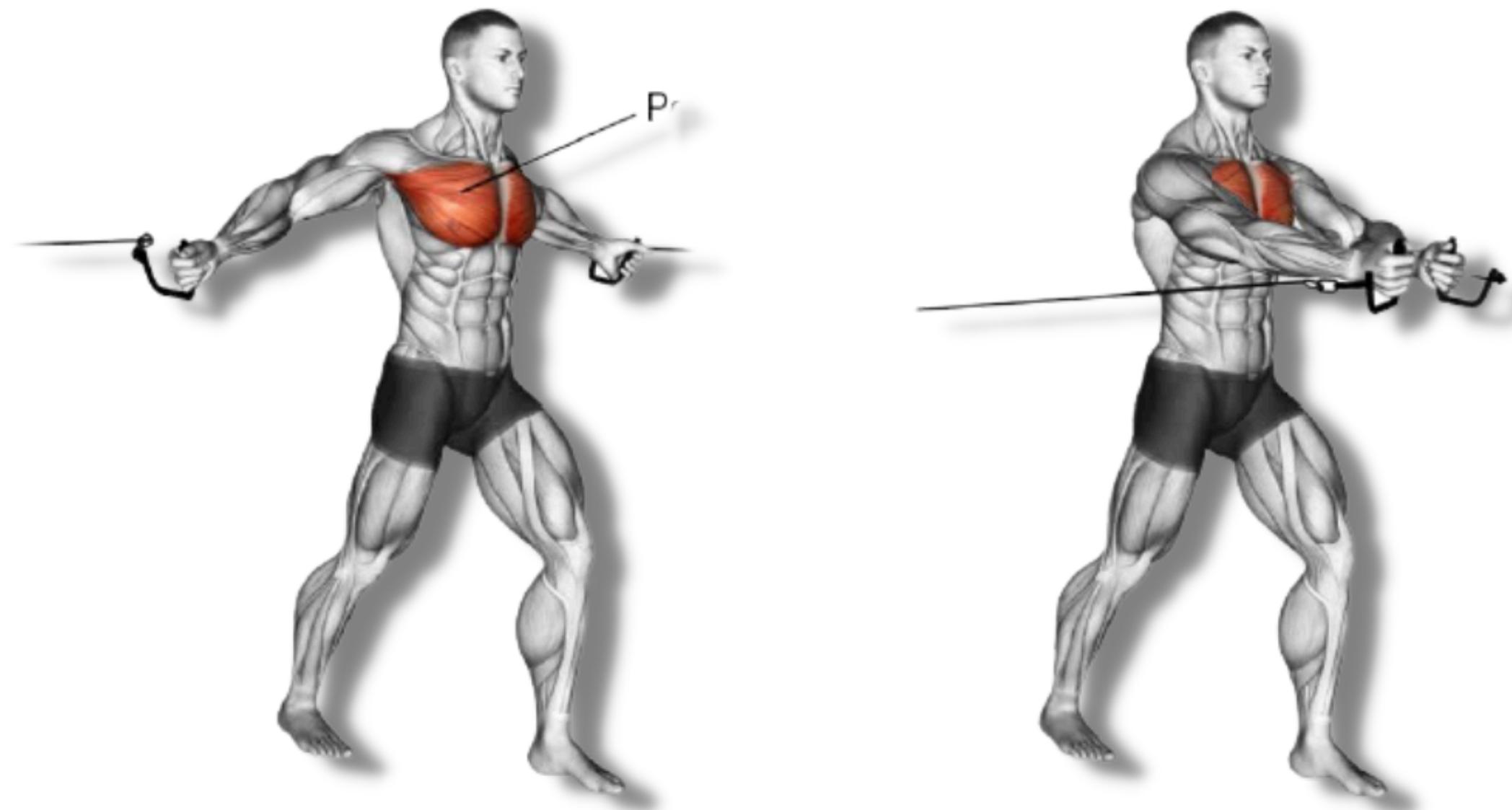
- INCLINE DUMBBELL PRESS
(3*12)



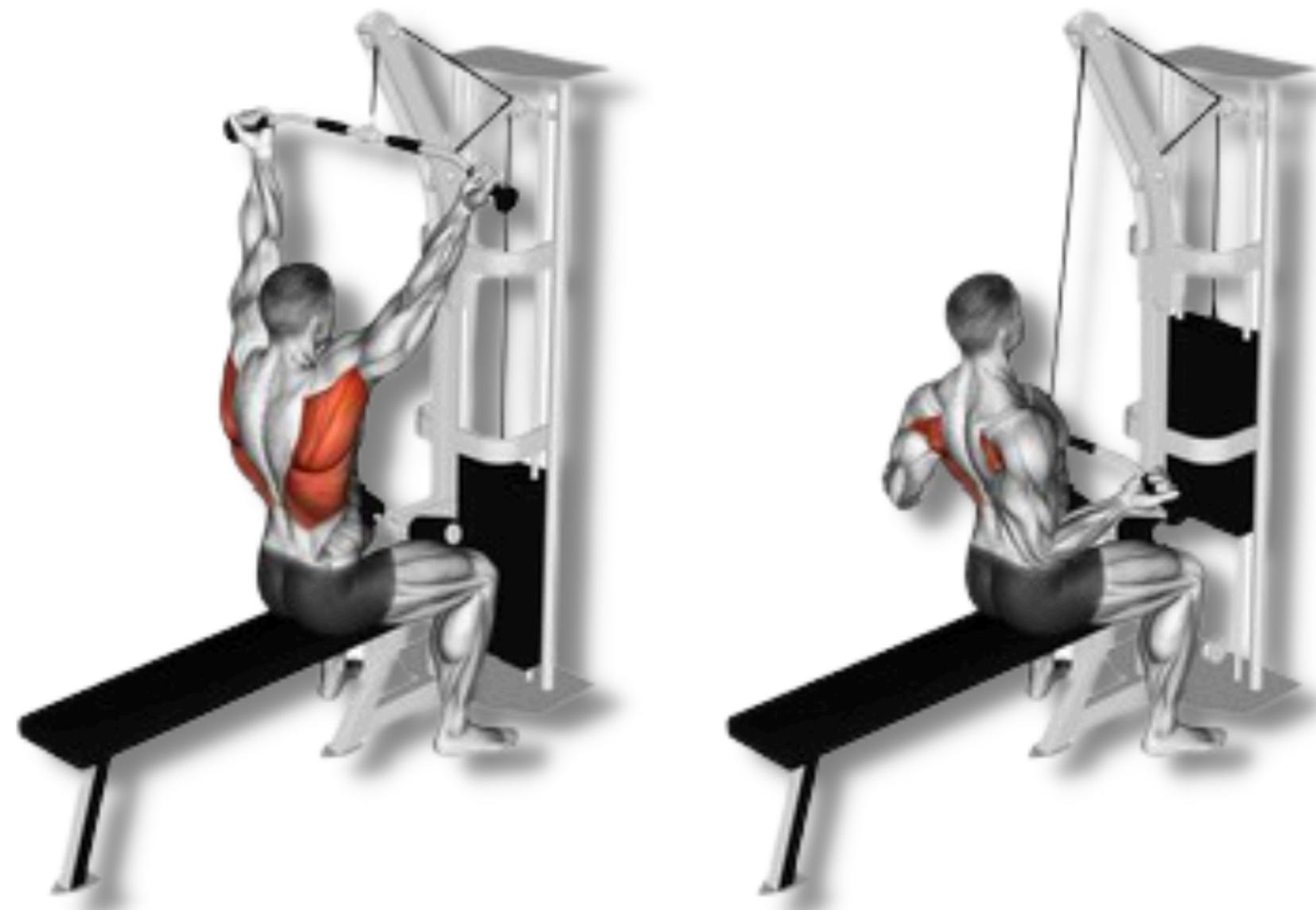
- INNER PEC FLIES SUPERSET WITH CHEST PUSHUPS
(3*12-15)



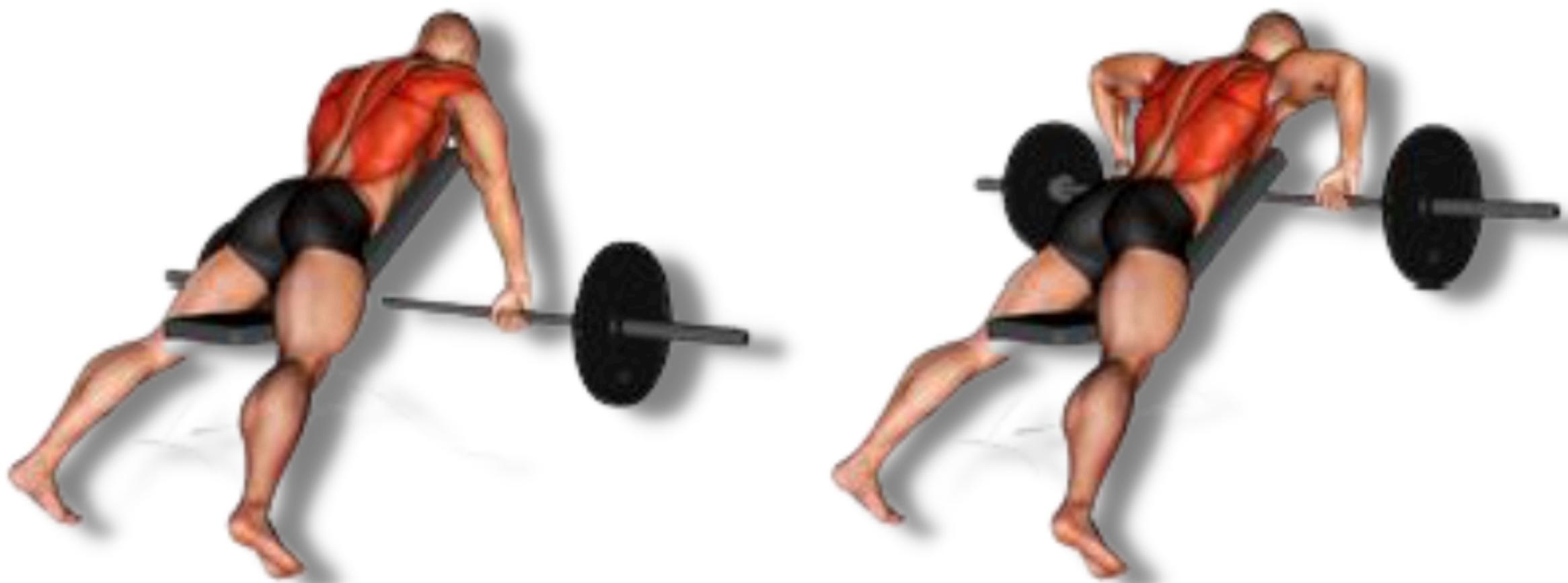
- **CABLE CROSSOVERS**
(3*12-15)



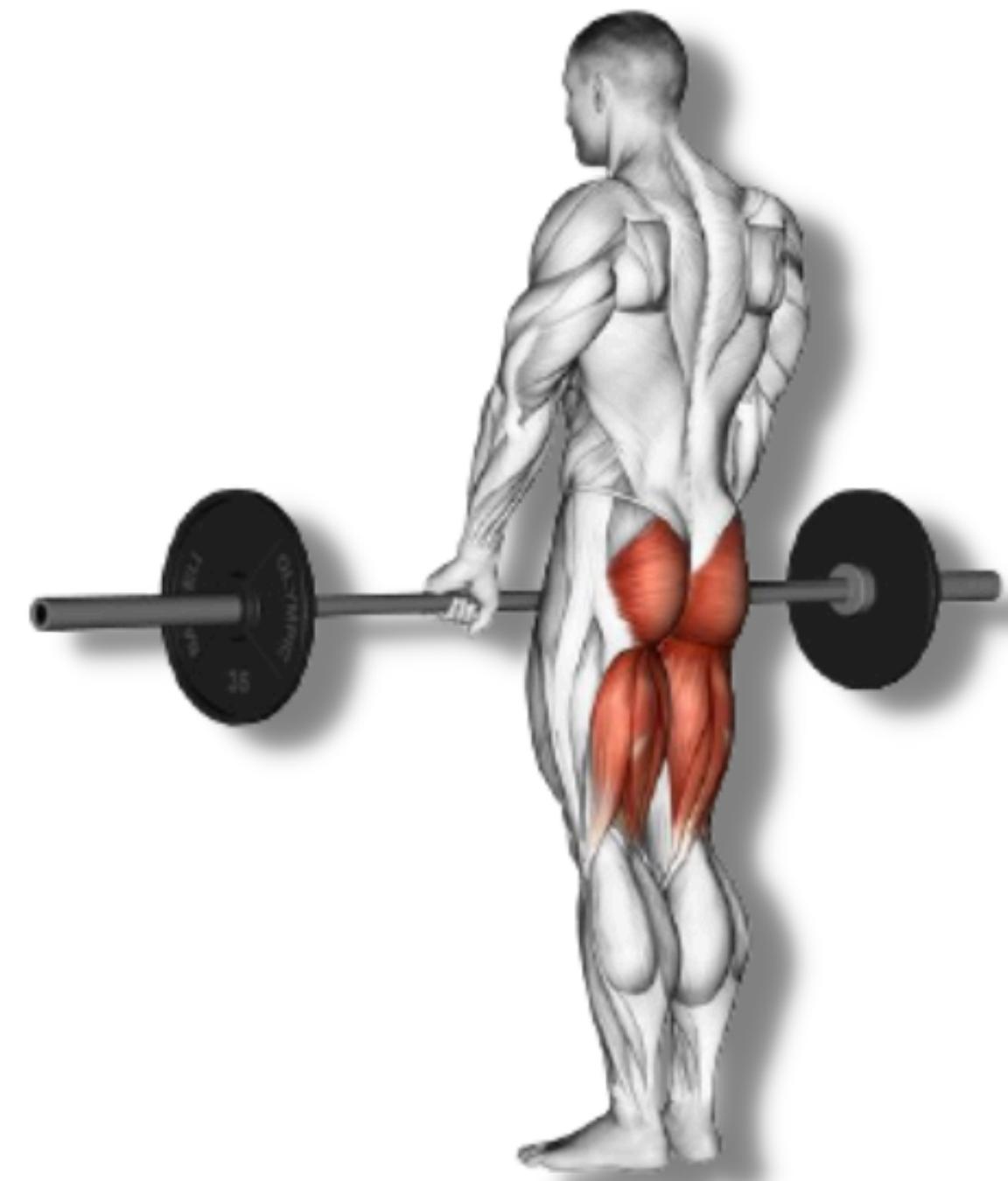
- LAT PULLDOWNS
(3*12-15)



- **CHEST SUPPORTED ROWS**
(3*12-15)



- **DEADLIFT**
(3*10-12)



• DUMBBELL ROWS
(3*12-15)

