

WORKOUT

	Set 1		Set 2		Set 3		Set 4		Set 5	
CHEST	Reps	Weight (kg)	Reps	Weight (kg)	Reps	Weight (kg)	Reps	Weight (kg)	Reps	Weight (kg)
Incline Bench Press	15	20	15	25	12	30				
Flat Bench Press	15	20	15	25	12	30	10	32.5	8	35
Decline Brnch Press	15	20	15	25	12	30				
Dips										
Pec Press Machine	10	10	12	10	15	10				
Flat Bench Dumbell Flies	15	2.5	15	2.5	15	2.5				
Flat Bench Dumbell Press	15	7.5	10	10	12	10				

[illegible][illegible]

[illegible]