

New Progr: Week 1				
Chest	Day 2	Day 3	Day 4	Day 5
<div>- Flat Bench Barbell Bench Press, Reverse Grip</div> <div>LADDER    Step: 1 Start: 12</div> <div>- Flat Bench Barbell Bench Press, Medium Grip</div> <div>- Flat Bench Barbell Bench Press, Medium Grip</div> <div>- Flat Bench Barbell Bench Press, Wide Grip</div> <div>Notes: sdfasdf</div> <div>sets: 12 start: 12 step: 1</div> <div>SUPERSET</div> <div>- Flat Bench Barbell Bench Press, Reverse Grip</div> <div>- Flat Bench Barbell Bench Press, Reverse Grip</div> <div>- Flat Bench Barbell Bench Press, Reverse Grip</div> <div>Notes: notes notes asffds</div>	<div>- Flat Bench Barbell Bench Press, Medium Grip</div>	<div>SUPERSET</div> <div>- Incline Bench Barbell Bench Press, Medium Grip</div> <div>- Incline Bench Barbell Bench Press, Medium Grip</div>	<div>- Flat Bench Barbell Bench Press, Reverse Grip</div>	<div>- Flat Bench Barbell Bench Press, Reverse Grip</div>
	<div>AMRAP                      Time: 12m</div> <div>- Flat Bench Barbell Bench Press, Reverse Grip</div> <div>- Flat Bench Barbell Bench Press, Reverse Grip</div> <div>duration: 12m</div>			

New Progr: Week 2

Day 1	Day 2
<div>SUPERSET</div> <div><div>- Incline Bench Barbell Bench Press, Medium Grip</div><div>- Flat Bench Barbell Bench Press, Reverse Grip</div><div>- Flat Bench Barbell Bench Press, Reverse Grip</div></div> <div></div> <div>SUPERSET</div> <div><div>- Flat Bench Barbell Bench Press, Reverse Grip</div><div>- Flat Bench Barbell Bench Press, Reverse Grip</div><div>- Flat Bench Barbell Bench Press, Reverse Grip</div></div> <div></div>	<div><div>- Flat Bench Barbell Bench Press, Reverse Grip</div><div></div></div>

New Progr: Week 3

Day 1

SUPERSET

- Flat Bench Barbell Bench Press, Reverse Grip
  - Flat Bench Barbell Bench Press, Reverse Grip
  - Incline Bench Barbell Bench Press, Medium Grip
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New Progr: Week 4