Barbell Incline Bench Press - Medium Grip 4 sets of 8 reps 3-0-1 60-90 s

Decline Dumbbell Bench Press - 3-4 sets of 10 reps 3-0-1 60s

Pushups - 3-4 sets of 12 reps 3-0-1 60s

Flat Bench cable flyes - 3-4 sets of 15 reps 2-2-1 60s