

# DBun's Chest Workout Program

## 1. Incline Dumbbell Press + Dumbbell Flyes (Superset)

- Angle: 30 degrees
- Sets: 2
- Reps: 12-15 (light weight)
- Superset with: Dumbbell Flyes at same incline

## 2. Heavy Dumbbell Flyes

- Sets: 4
- Reps: 10-12
- Focus: Go heavy while maintaining good form

## 3. Incline Smith Machine Press

- Angle: 30 degrees
- Sets: 3
- Reps: 8-10
- Intensity: Use heaviest weight that allows only 10 reps with good form

## 4. Flat Dumbbell Chest Flyes

- Sets: 4
- Reps: 12
- Focus: Full stretch and controlled motion

## 5. Chest Dips

- Sets: 3
- Reps: To failure
- Tips: Lean slightly forward to engage the chest more