

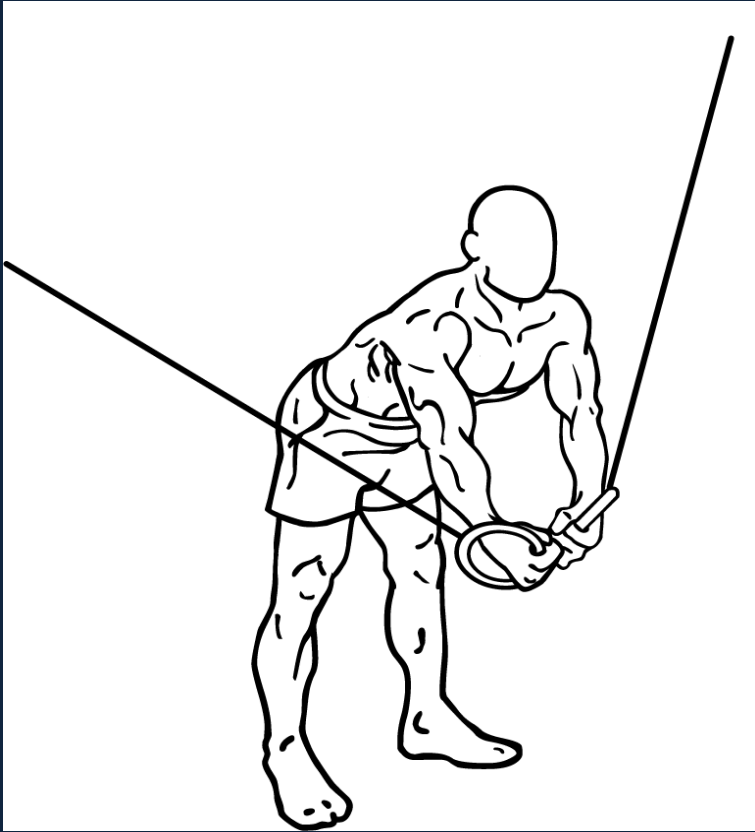
201721508
E-Business
Jeon
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Weight Training

Chest Motion Routine

0.Cable Crossover



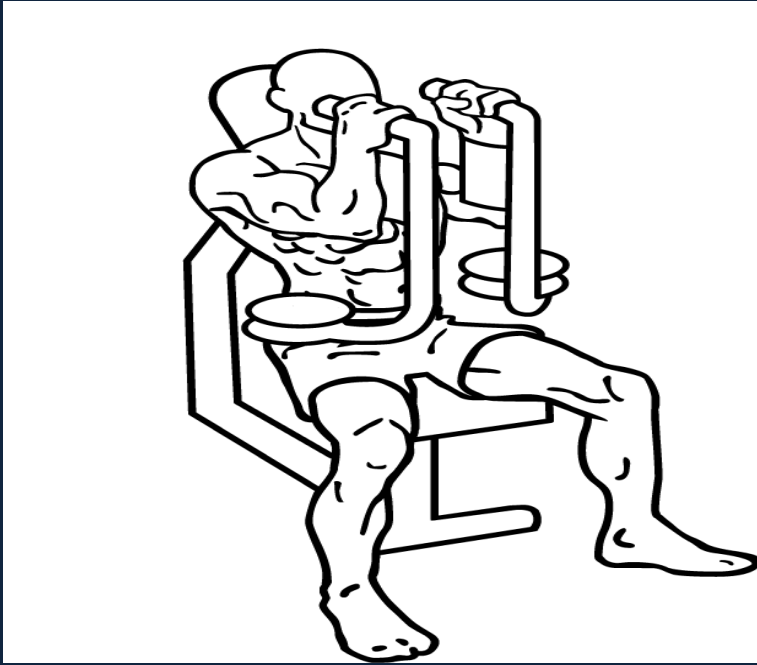
*This warming up
allows the blood
to circulate
throughout.
5 sets (the same
weight)*

1.Flat Bench Press



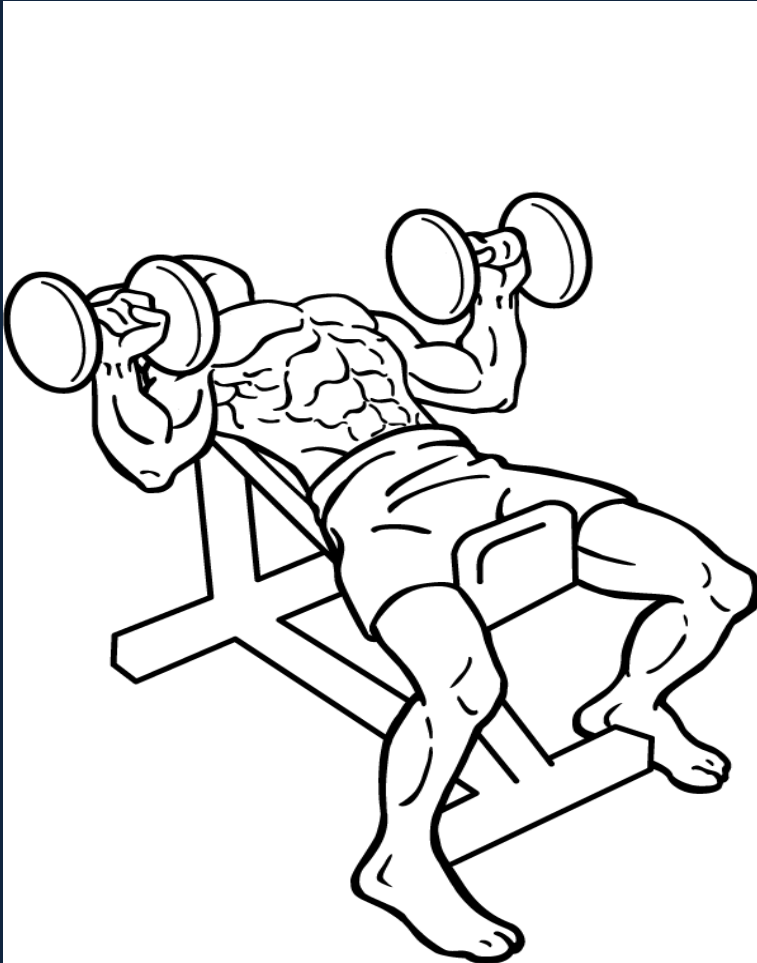
*8 seconds for
relaxation, 4
seconds for
contraction.
5 sets (Add 5kg)*

2.Fly Machine



Proceed immediately without stopping after 1. To give sustained chest fatigue. 5 sets (the same weight)

3. Incline Dumbbell Press



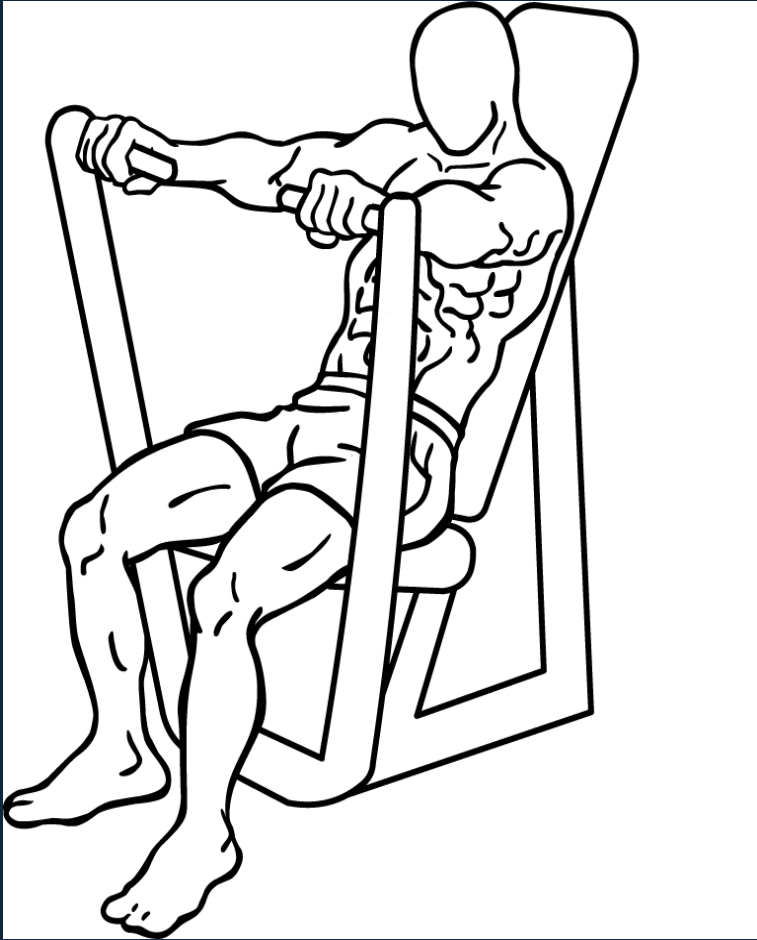
*Develop upper chest movement. Detail stimulation and increased muscle mass
5 sets (Add 2kg)*

4. Incline Bench Press



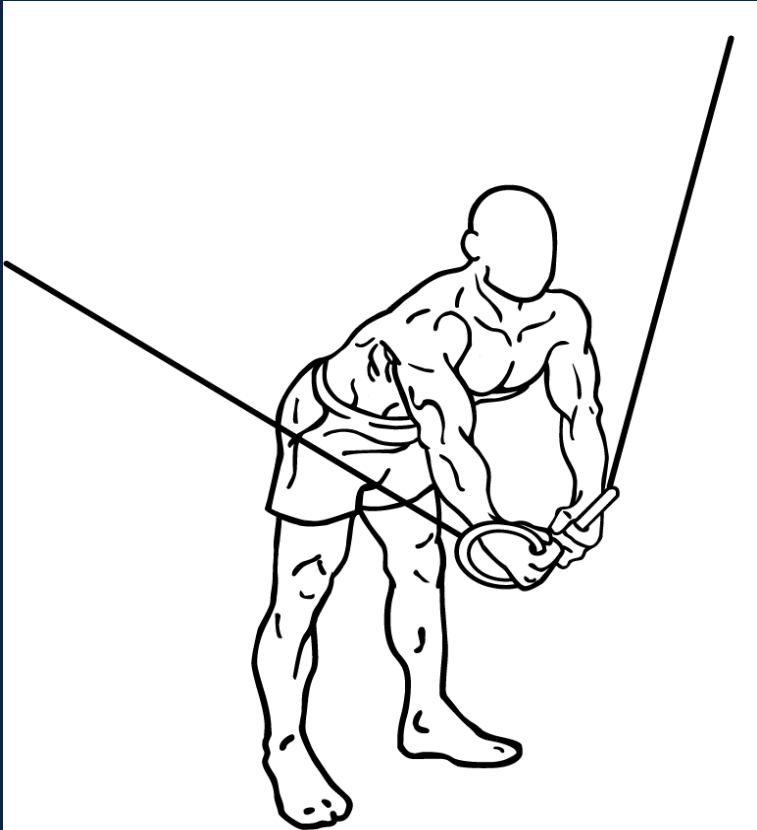
Think I lifted it to the side when lifting the barbell. Maximum relaxation. 5 sets (the same weight)

5.Chest Press Machin



*Proceed to
complete the
remaining power
in the chest.
Turns blood out
of flat.
5 sets (the same
weight)*

6.Cable Crossover



*The target muscle
at the outer and
lower sides of the
chest.*

*Proceed to the
limit without
setting the number
of sets.*

THANK YOU
