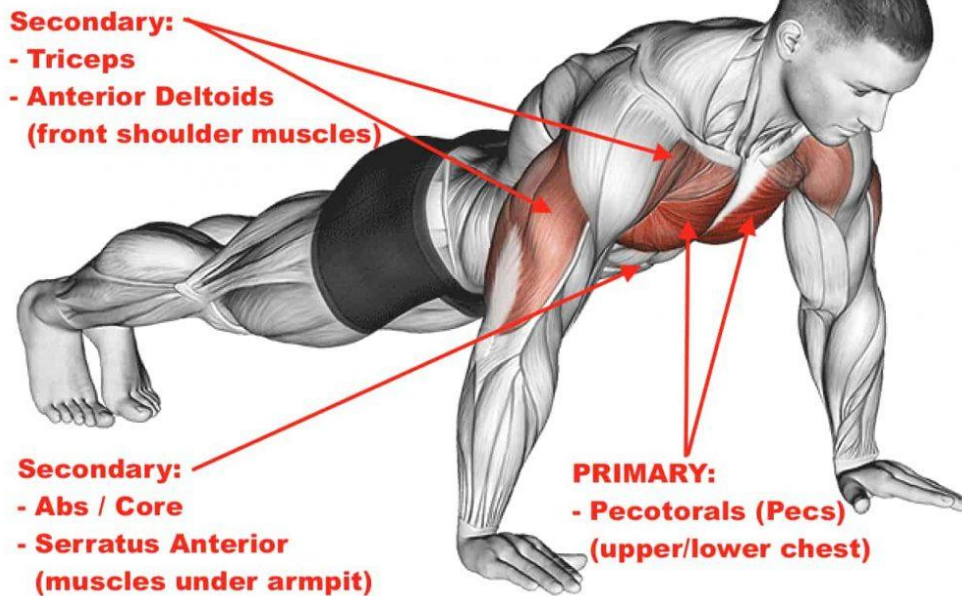


Sample Chest Workout

1. Push-ups (3 sets)



PUSH UPS | MUSCLES WORKED



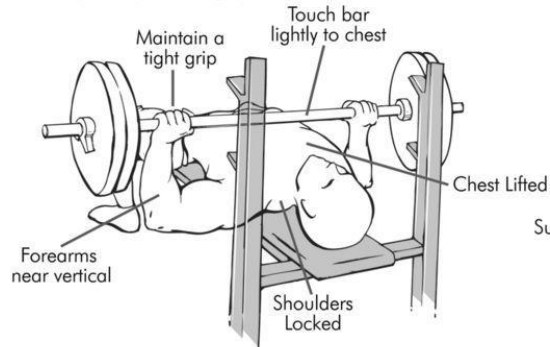
Set 1 - 10 Reps

Set 2 - 10 Reps

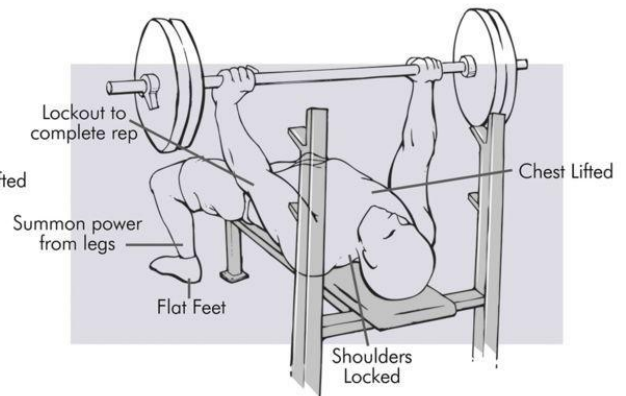
Set 3 - 10 Reps

2. Barbell Bench Press (3 sets)

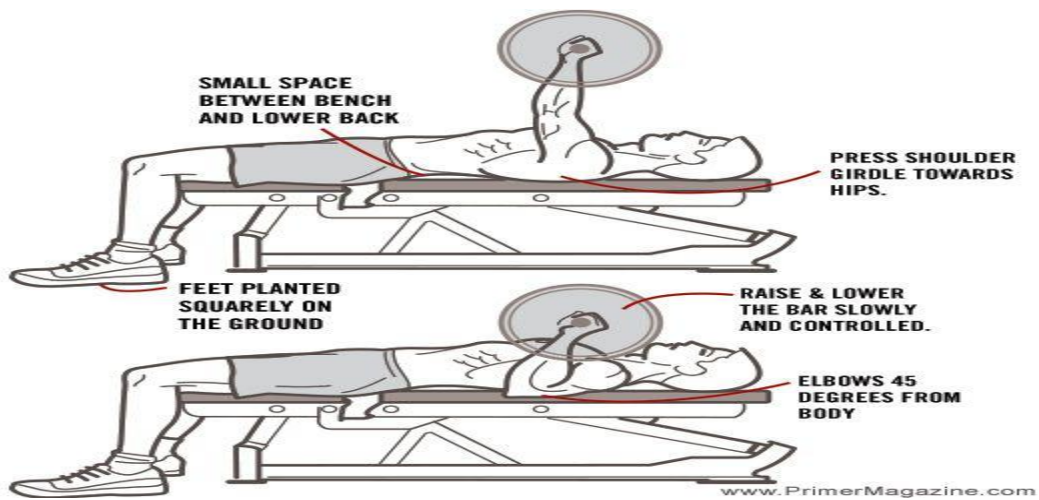
BOTTOM POSITION



TOP POSITION



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Set 1 - 8 Reps

Set 2 - 8 Reps

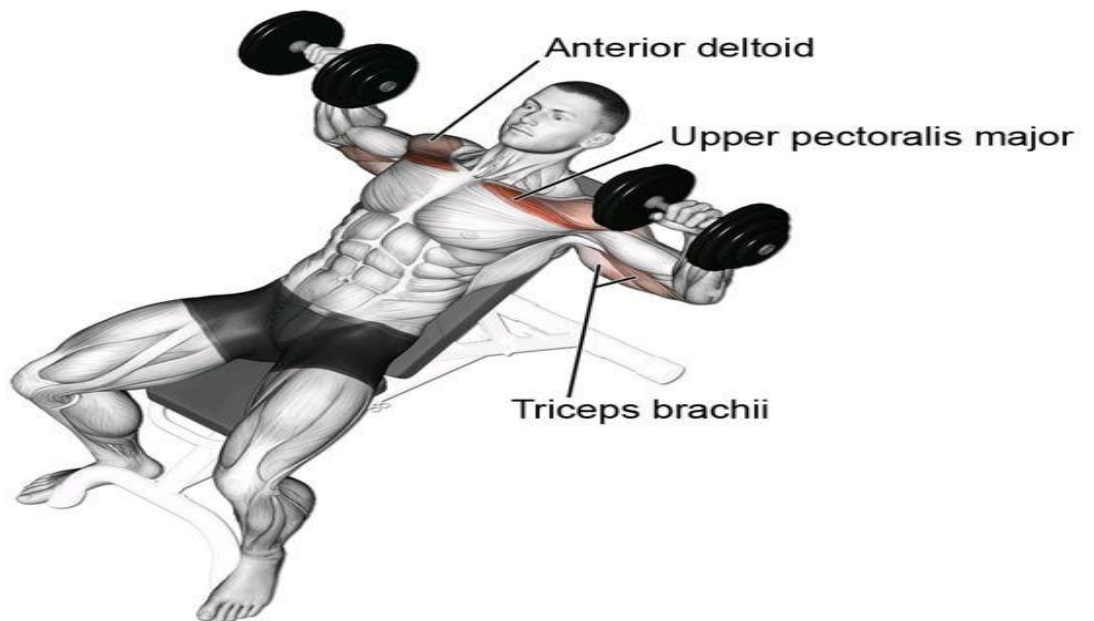
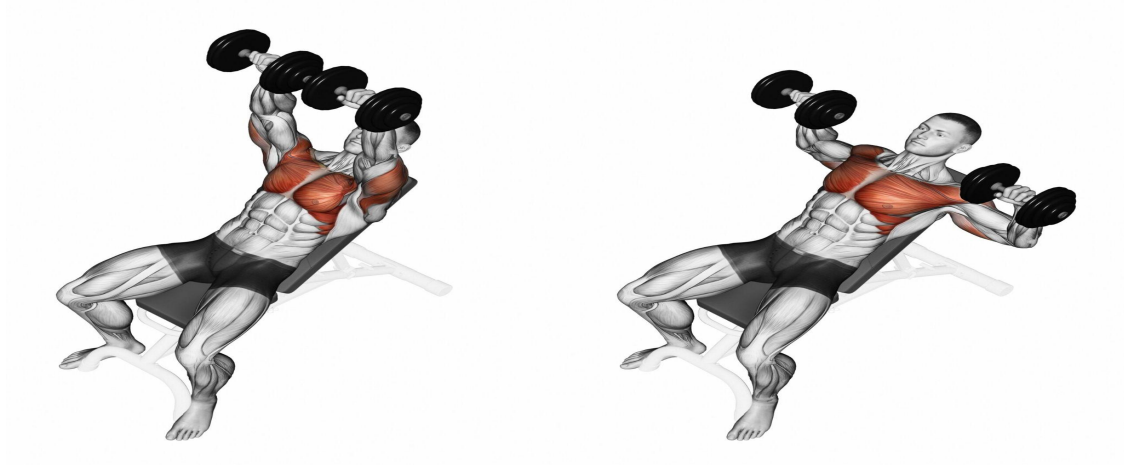
Set 3 - 8 Reps

3. Incline Dumbbell Press (3 sets)

Set 1 - 12 Reps

Set 2 - 10 Reps

Set 3 - 10 Reps



4. Incline Dumbbell Fly (3 sets)

Set 1 - 15 Reps

Set 2 - 15 Reps

Set 3 - 12 Reps

Incline Dumbbell Fly



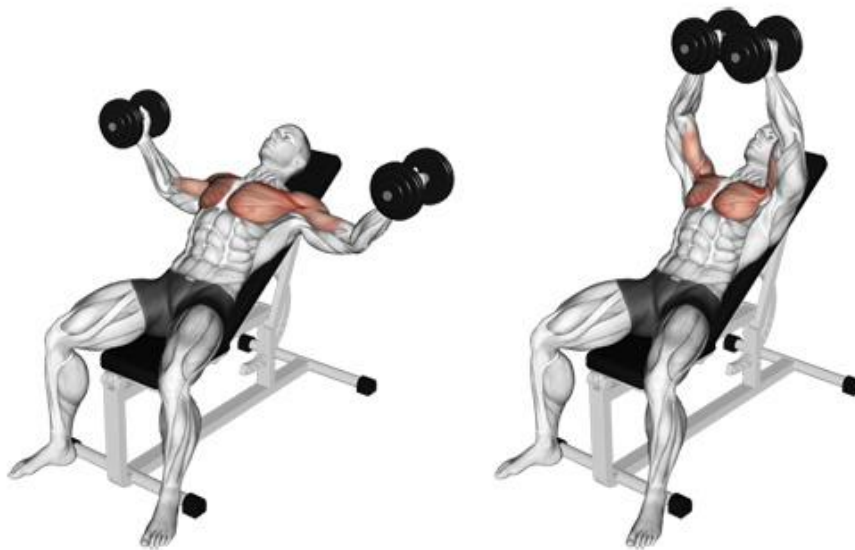
Step 1

Lying on an incline bench press the dumbbells overhead with the palms of your hands turned towards you



Step 2

Continue lowering the arms slowly to your sides until the weights reach your chest level, keeping your arms extended



5. Cable Fly (4 sets)

Set 1 - 15 Reps

Set 2 - 15 Reps

Set 3 - 12 Reps

