

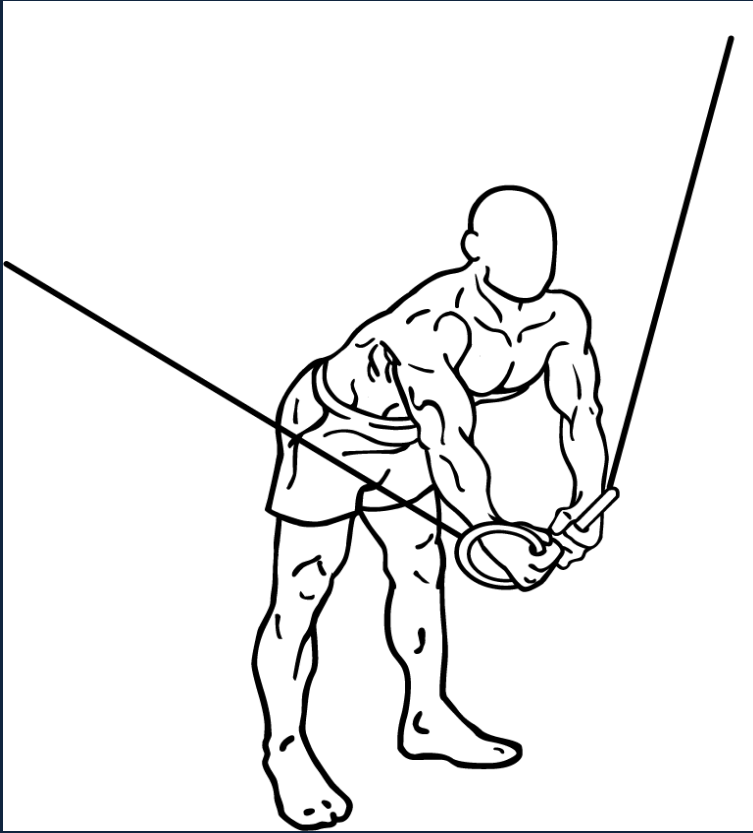
201721508  
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# **Weight Training**

## **Chest Motion Routine**

# 0.Cable Crossover



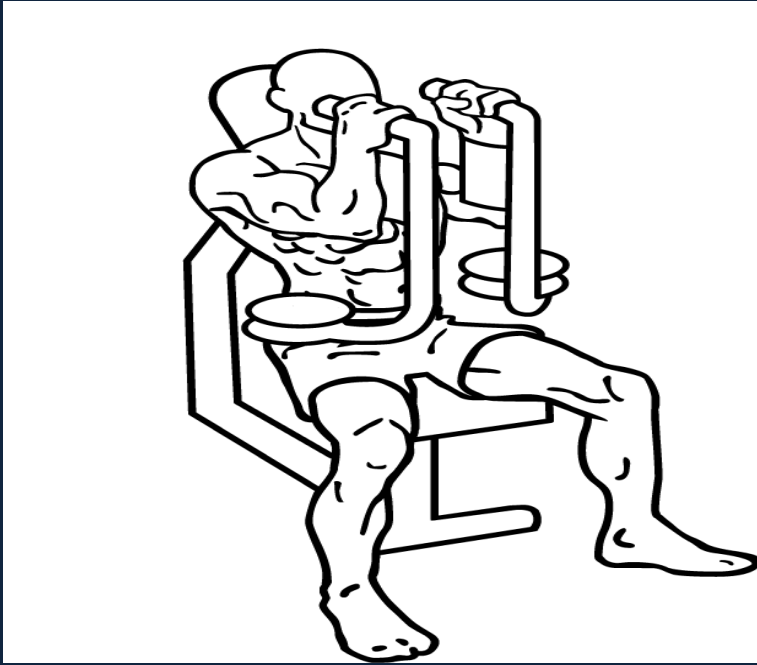
*This warming up  
allows the blood  
to circulate  
throughout.  
5 sets (the same  
weight)*

# 1.Flat Bench Press



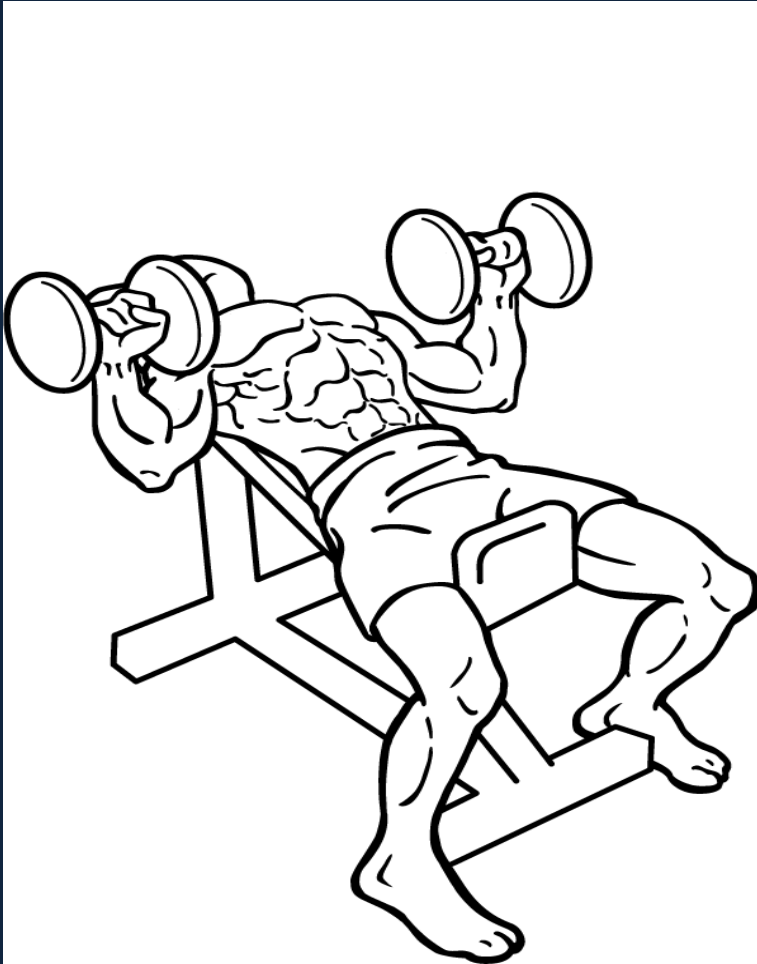
*8 seconds for  
relaxation, 4  
seconds for  
contraction.  
5 sets (Add 5kg)*

## 2.Fly Machine



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

# 3. Incline Dumbbell Press



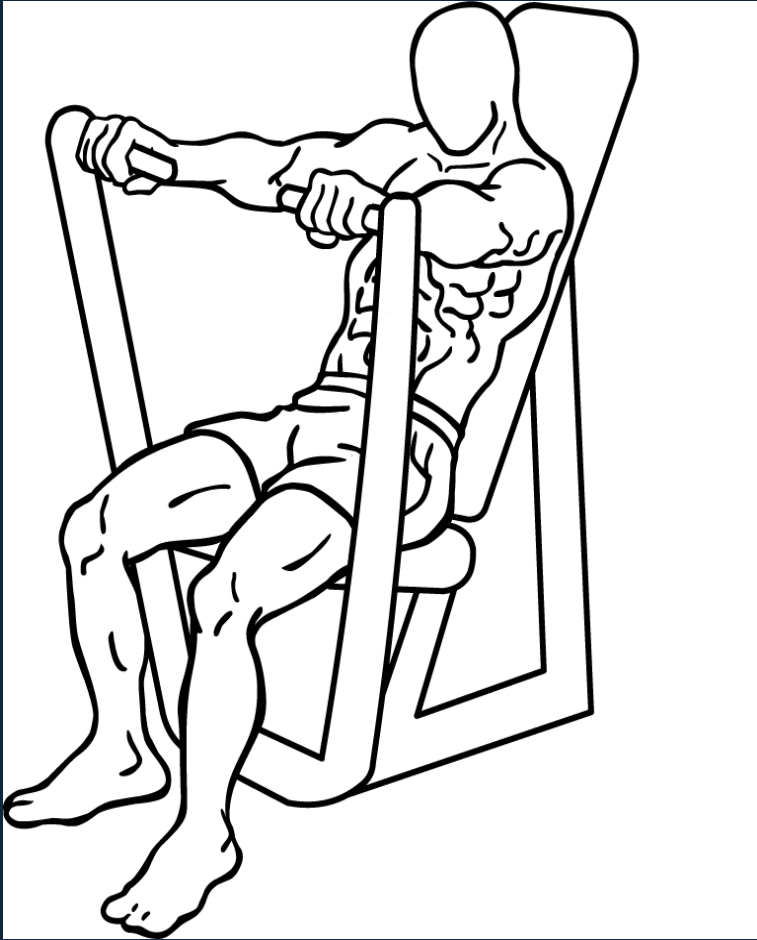
*Develop upper chest movement. Detail stimulation and increased muscle mass  
5 sets (Add 2kg)*

# 4. Incline Bench Press



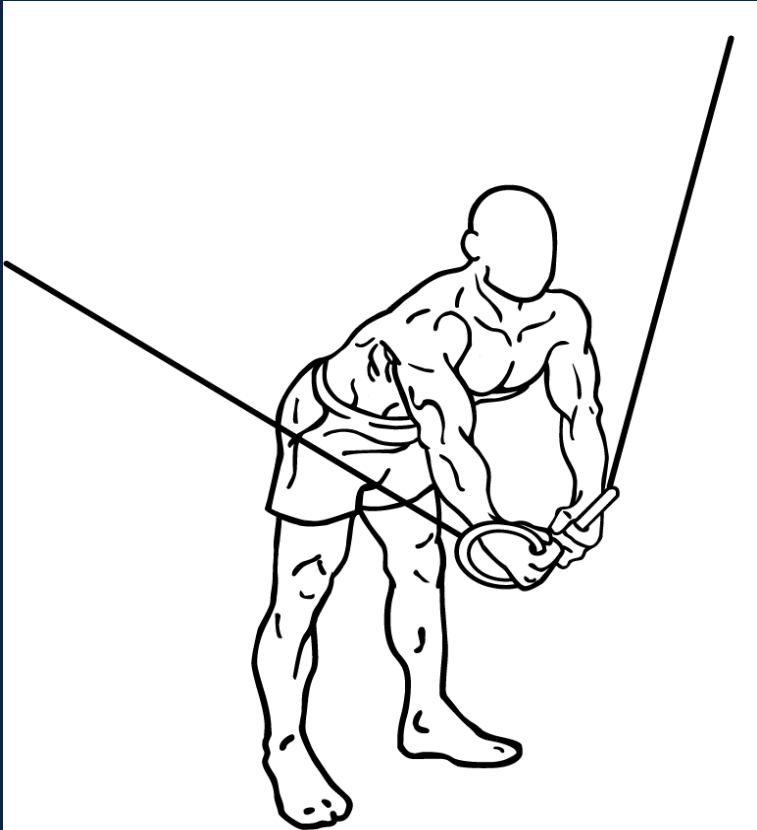
*Think I lifted it to the side when lifting the barbell. Maximum relaxation.  
5 sets ( the same weight)*

# 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**

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