



# ROSHAN'S BODYSCULPT

## CHEST & UPPER BACK

### EXERCISE 1. (GIANT SET).

EXERCISES	SET1	SET2	SET3
DB Inclined Press	12 reps	10 reps	8 reps
DB Flat Bench Press	12 reps	10 reps	8 reps
DB Decline Press	12 reps	10 reps	8 reps

### EXERCISE 2. (SUPER SET).

EXERCISES	SET1	SET2	SET3
Cable Fly	12 reps	10 reps	8 reps
Decline Cable Fly	12 reps	10 reps	8 reps

### EXERCISE 3. (DROP SET).

EXERCISES	SET1	SET2	SET3
Incline Cable Fly (on bench)	6,8,10,12 reps	6,8,10,12 reps	6,8,10,12 reps

### EXERCISE 4. (SUPER SET).

EXERCISES	SET1	SET2	SET3
Decline Pushups	12 reps	10 reps	8 reps
Regular Pushups	12 reps	10 reps	8 reps

### EXERCISE 5. (GIANT SET).

EXERCISES	SET1	SET2	SET3
Bend Row	12 reps	10 reps	10 reps
Downright Row	12 reps	10 reps	10 reps
Under Arm Latpulldown	15 reps	12 reps	12 reps

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