

Chest day90 minutes

Warmup	Jumping jacks 1000
	Skip jumps, 10 minutes
	Row, 5 minutes
Exercises	Bench press, 50 kg
	Push-ups, 100
	Dumbbell Flyers
	Parallell bar dip, 5
	Dumbbell bench-press
	Declined push-ups
	Cable crossower
	Floor press
	Plate press
	Resistance band push ups
	Scend press
	Hug a ball
Cooldown	Jumping jacks 1000
	Arm circles