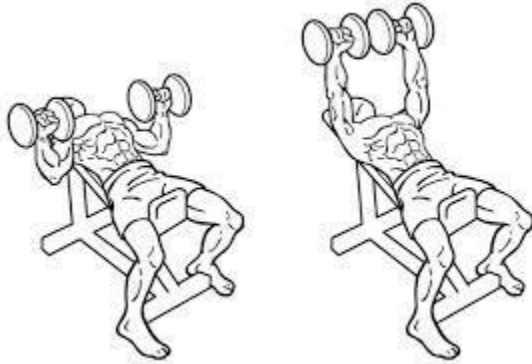


YOUR WORKOUT SPLIT

Chest

Exercise 1 Upper Chest:



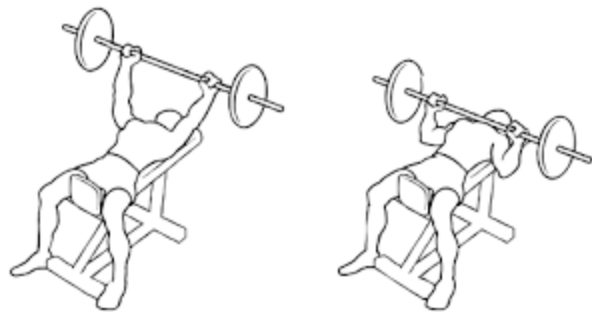
Incline Bench Press:

- 1) Position the bench around 40 degrees
- 2) Lay flat on the bench
- 3) Lower elbows to line up with mid chest, if using a barbell lower to your mid chest
- 4) Raise the weights until elbows have locked.

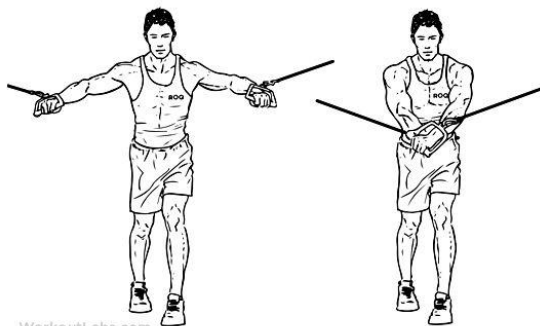
Exercise 2 Mid Chest:

Incline Bench Press:

- 1) Position the bench to be flat
- 2) Lay flat on the bench
- 3) Lower elbows to line up with mid chest, if using a barbell, lower bar to your mid chest
- 4) Raise the weights until elbows have locked.



Exercise 3 Lower Chest:



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Cable High -> Low Fly's:

- 1) Set up cables above shoulders
- 2) Put one leg forward and bend knees slightly
- 3) Bring cables in front, and below your chest, squeezing your chest in the process
- 4) Control the weight and bring back to rest position