

ARNOLD CHEST WORKOUT

**BODYBUILDING
WAREHOUSE**

Exercise	Sets	Reps
Bench Press	5	8 to 15
Incline Barbell Press	5	10 to 12
Dumbbell Flyes	5	8 to 10
Weighted Parallel Bar Dips	5	10 to 12 or to failure
Dumbbell Pullovers	5	10 to 12
Cable Crossovers	5	12 to 15