DAY 9: CHEST & TRICEPS

Notes:

Use Warm-Up Sets to to gauge weight for working sets.

* For the working sets, pick a weight that allows you to reach failure at 12 reps.

90 Seconds rest in between each working set

Stretch in between working sets.

CHEST			
EXERCISES	**SETS / REPS**	**WEIGHT**	**NOTES**
1. DUMBELL BENCH PRESS	**2 Warm-up Sets** **3 Working Sets x 12 Reps***		
2. DUMBBELL FLYE	**2 Warm-up Sets** **3 Working Sets x 12 Reps***		
3. INCLINE DUMBBELL BENCH PRESS	**2 Warm-up Sets** **3 Working Sets x 12 Reps***		
4. INCLINE DUMBBELL FLYE	**2 Warm-up Sets** **3 Working Sets x 12 Reps***		
TRICEPS			
5. TRICEPS PUSHDOWN	**2 Warm-up Sets** **3 Working Sets x 12 Reps***		Use Straight-bar Attachment
6.CABLE OVERHEAD TRICEPS EXTENSION	**2 Warm-up Sets** **3 Working Sets x 12 Reps***		Use Straight-bar Attachment
7. BENCH DIPS	**2 Warm-up Sets** **3 Working Sets x 12 Reps***		

Training, Nutrition, Supplementation Notes: