

# TRAINING PROGRAM: WEEK 3

## DAY 15: CHEST & CALVES

Exercise	Sets	Reps	Comment
Morning cardio	1	1	Perform 45 minutes before consuming food
Machine chest presses	6 2	20 10	Regular machine presses keeping weight light to moderate. For the last two sets, do 10 reps using negatives and a pause.
Incline close-grip dumbbell presses	4	12	I also call these hex presses. Use a low incline of about 30 degrees.
Incline Smith machine presses	4	15	Using rest-pause
Lying cable flyes	5	15	You perform these at a variety of angles
Seated leg press calf presses	4-5	30	With BFR
Standing calf raises	4	20	With BFR
Post-workout cardio	1	1	Perform 30 minutes immediately after weight-training or add this session later in the evening

### NOTES:

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