

**CHEST**  
**WORKOUT**

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**PLAN 1**



## CHEST WORKOUT

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**TRAINING LEVEL:** INTERMEDIATE

**WORKOUT DURATION:** 1 DAY

### WORKOUT NOTES:

\*\*We recommend doing a few warm up sets before each exercise at a lower weight. This ensures you are properly warmed up and ready for your "working" sets.\*\*

EXERCISE	SETS	REPS	TEMPO	REST	VIDEO
Barbell Incline Chest Press	3	6, 6, 12	2110	2 Min	
Machine Chest Fly	2	12	2010	2 Min	
Machine Chest Press	3	10	2010	2 Min	
Cable Incline Fly	2	15	3110	2 Min	