

Pec-Punishing Routine

Two-Pronged Approach to Hit your Chest from Every Angle!

Work Chest Twice a Week w/48-72Hrs Rest In-between Days

Day 1	Sets	Reps	Rest
Dumbbell Incline Flye	4	12-16	---
<i>-superset with-</i>			
Barbell Bench Press	4	6-8	2 Min.
Low Pulley Cable Crossover	4	12-16	---
<i>-superset with-</i>			
Dips(Leaning Forward)	4	6-8	2 Min.
Push-ups	4	To Failure	1 Min.

DAY 2	Sets	Reps	Rest
Low-Pulley Cable Crossover	4	12, 12,8, 8**	90 Sec.
Dips(Leaning Forward)	3	To Failure	90 Sec.
Dumbbell Incline Flye	4	12, 12, 8, 8**	90 Sec.
Barbell Bench Press	3	8-10	90 Sec.

*** Do a Drop Set on Last Set: After 4th set: Drop Weight 20-30%-Do 6-8 Reps, Then Drop Weight Again and Do 4-6 Reps*
