



Exercise

Base Prescription

Day 1:

Day 2:

Day 3:

Lying chest press



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	105.0	12						
Rest		30						
2	105.0	12						
Rest		30						
3	105.0	12						
Rest		30						
4	105.0	12						

Chest Press



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	105.0	12						
Rest		30						
2	105.0	12						
Rest		30						
3	105.0	12						
Rest		30						
4	105.0	12						

Inclined Bench Press with Dumbbell



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	40.0	12						
Rest		30						
2	40.0	12						
Rest		30						
3	40.0	12						
Rest		30						
4	40.0	12						

Seated Chest Fly with Pec Deck Machine



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	150.0	12						
Rest		30						
2	150.0	12						
Rest		30						
3	150.0	12						
Rest		30						
4	150.0	12						