

Chest

Monday • Chest Workout

60-90 min/session | 5-6 days/week | 3-5 sets/exercise | 6-12 reps compound, 10-15 reps isolation

Rest: 60-90 sec (isolation) / 2-3 min (compound)

#	EXERCISE	SETS x REPS
1	Barbell Bench Press	4 x 6-8
2	Incline Dumbbell Press	4 x 8-10
3	Flat Dumbbell Press	3 x 10-12
4	Machine Chest Press	3 x 12
5	Cable Fly	3 x 12-15
6	Push-Ups	2 x to failure

TRAINER RECOMMENDATIONS

- Lift heavy with strict form
- Prioritize compound movements
- Eat enough protein: 1.6-2.2 g per kg of body weight
- Sleep 7-9 hours every night
- Track every workout and progress every week