

Inner Fight

Endure Conquer Achieve

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Chest Massive

All Exercises are 3 sets.

1. Bench Dumbbell Press x 10

MS (Massive Set)

- Chest Slap Press Ups x 10
- Close Grip Flat Bench Burn Out x 15

2. Incline Dumbbell Press x 10

MS

- Incline Dumbbell Fly x 10
- Dumbbell Pull Over x 10

3. Decline Eccentric Contraction Bench Press x 8-10

MS

- Dip Burnout
- Spiderman Press ups x 10

4. Wide, Normal, Close Grip Bench Burn Out x 8 reps each

MS

- Plank 1 min

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