

## **Free Chest and Triceps Workout**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
<b>Decline Barbell Bench Chest Press</b>	<b>5</b>	<b>8,10,12,12,10</b>
<b>Flat Bench Dumbbell Chest Press</b>	<b>5</b>	<b>8,10,12,12,10</b>
<b>Iso-lateral Peck Deck</b>	<b>5</b>	<b>10,12,15,15,12</b>
<b>Diamond Push-ups (close grip)</b>	<b>5</b>	<b>10,12,15,15,12</b>
<b>Triceps Dips</b>	<b>5</b>	<b>15,20,25,20,15</b>
<b>Bent Over Dumbbell Triceps Extensions</b>	<b>5</b>	<b>15,20,25,20,15</b>

**Cardio: 30 minutes**