

Free Chest Workout

Exercise	Sets	Reps
Flat Bench Dumbbell Chest Press	3	8-12 Heavy
Incline Bench Dumbbell Fly to Chest Press	3	8-12 Heavy
Low Dumbbell Cable Fly	3	8-12 Heavy
Decline Cable Fly	3	8-12 Heavy
Pec Deck Fly Machine	3	8-12 Heavy
Wall squat Ball Twist	5	50

Cardio: 30 minutes