

## **Free Chest Workout 3**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
<b>Incline Dumbbell Chest Press-with 3 second negatives</b>	<b>4</b>	<b>15</b>
<b>Flat bench chest plate fly-with 3 second negatives</b>	<b>3</b>	<b>20</b>
<b>Decline machine chest press-with 3 second negatives</b>	<b>4</b>	<b>15</b>
<b>Single arm Chest press-3 second hold and release</b>	<b>3</b>	<b>20/arm</b>
<b>Pec Deck-3 second hold and release</b>	<b>4</b>	<b>15</b>

**Cardio: 30 minutes**

**Superset:** Is a technique in which you do two exercises back to back with no rest.

**3 Second Negatives:** I want you to slowly bring the weight back down to starting position over a 3 second count. Don't rush it down, go slow and controlled to make the muscles work. Make sure to hold each rep at the top for 2-3 seconds to keep the muscles contracted.