

## **Free Chest Workout**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
<b>Decline Smith Machine Chest Press</b>	<b>4</b>	<b>15</b>
<b>Incline Bench Dumbbell Flys</b>	<b>3</b>	<b>20</b>
<b>Flat Bench Close Grip Dumbbell Press</b>	<b>4</b>	<b>15</b>
<b>Dumbbell Incline Press</b>	<b>3</b>	<b>20</b>
<b>Dumbbell Flat Bench Chest Press</b>	<b>4</b>	<b>15</b>

**Cardio: 30 minutes**