

## **Free Chest and Biceps Workout**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
<b>Barbell Chest Press</b>	<b>4</b>	<b>15,12,10,8 Drop sets</b>
<b>Decline Chest Press</b>	<b>4</b>	<b>15,12,10,8 Drop sets</b>
<b>Cable Chest Fly</b>	<b>4</b>	<b>15,12,10,8 Drop sets</b>
<b>Wide Grip Push Ups</b>	<b>4</b>	<b>15,12,10,8 Drop sets</b>
<b>Hammer Curls</b>	<b>4</b>	<b>15,12,10,8 Drop sets</b>
<b>Reverse Grip Curls</b>	<b>4</b>	<b>15,12,10,8 Drop sets</b>
<b>Preacher Curls</b>	<b>4</b>	<b>15,12,10,8 Drop sets</b>
<b>Cable Bicep Curls</b>	<b>4</b>	<b>15,12,10,8 Drop sets</b>

**Cardio: 30 minutes**

**DROP SETS:** today you will be do 4 sets of drop sets and this is how it goes:  
**SET 1: 15 reps (heavy) drop the weight slightly (lighter) and do 12 reps, drop the weight again and do 10 reps, drop the weight one last time and do 8 reps, that entire sequence is done WITHOUT RESTING. Once that is completed rest for about 60 seconds and do that same sequence 3 more times and then move on to the next exercise.**