

GYM RETRO



CHEST PROGRAM

EXERCISE

-SETS -REPS

RECORDED WEIGHT

EACH EXERCISE HAS A YOUTUBE VIDEO LINK
CLICK ON THE EXERCISE TO VIEW VIDEO

REAR DUMBBELL FLIES

**WARM UP
20 REPS 2 SETS**

CHEST CABLE FLIES

**WARM UP
15 REPS 2 SETS**

BENCH PRESS

**WARM UP
20 REPS 1 SET**

TRICEP STRETCH

**30 - 60
SECONDS**

BENCH PRESS

**8 REPS
3 SETS**

CHEST CABLE FLIES

**10 REPS
3 SETS**

DIPS

**8 REPS
3 SETS**

BAR RAISES

**8 REPS
3 SETS**



Adobe Acrobat Reader

TEXT 0409 248 686 - FOR A SUPPORT CALL BACK