

GYM RETRO



CHEST PROGRAM

EXERCISE

-SETS -REPS

RECORDED WEIGHT

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

CARDIO WARM UP

5 - 10 MINS

ONE ARM CHEST PRESS

10 REPS L-R
2-3 SETS

ONE ARM PUSH UPS

10 REPS L-R
2-3 SETS

PLANK PUSH UP

MAX REPS
PUSH UP COUNT

BENCH PRESS

10 REPS
2-3 SETS

CLOSE GRIP BENCH PRESS

10 REPS
2-3 SETS

CABLE FLIES

10 REPS
2-3 SETS

DIPS

10 REPS
2-3 SETS

SERRATIS STRETCH

10 REPS
2-3 SETS



Adobe Acrobat Reader

TEXT 0409 248 686 - FOR A SUPPORT CALL BACK