

Chest and Triceps – Routine 4

Exercise	Sets	Reps
Dumbbell Incline Chest Press	3	8
Dumbbell Flat Chest Press	3	8
Dumbbell Incline Chest Flies SUPER SET	3	12
Dumbbell Incline Chest Press	3	12
Barbell Floor Chest Press	3	10
Machine Chest Flies SUPER SET	3	12
Tricep Push Down	3	12
Single Arm Machine Chest Press	3	12 each side
Smith Machine Close Grip Chest Press	3	12
Push Ups SUPER SET	3	10
Push Ups (Inclined)	3	To Fail
Single Arm Tricep Push Down (Reverse Grip)	3	10 each side
Standing Cable Chest Flies SUPER SET Standing Cable Chest Press	3	12
SUPER SET Body Weight Barbell Tricep Extensions	3	12
Tricep Push Downs SUPER SET Close Grip Push Press	3	12
	3	12