

### Chest and Triceps – Routine 5

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
Incline Dumbbell Chest Flies	3	10
(Drop Set)	3	12
Incline Dumbbell Chest Press	3	12
Machine Chest Flies	3	12
Smith Machine Chest Press	3	8
Tricep Push Down (using V-Bar)	3	12
Standing Cable Decline Chest Flies	3	12
Body Weight Overhead Barbell Tricep Extensions	3	12
SUPER SET Tricep Push Downs	3	12
Machine Chest Press	3	12
(Drop Set)	3	12
Machine Chest Press	3	10
(Drop Set)	3	12
Single Arm Cable Tricep Extensions	3	12 each side
Single Arm Dumbbell Tricep Kick Backs	3	12 each side