

### Chest and Triceps – Routine 6

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
Machine Chest Flies	4	12
Barbell Bench Press	4	12
Incline Dumbbell Chest Press	4	10
Incline Dumbbell Chest Flies	3	12
Standing Cable Chest Flies	4	12
Tricep Rope Push Down	4	15
Single Arm Cable Tricep Push Down	4	12 each side
Machine Single Arm Tricep Extensions	4	12 each side