

Chest and Triceps – Routine 7

Exercise	Sets	Reps
Barbell Bench Press	4	12
SUPER SET Machine Chest Flies	4	12
Incline Barbell Chest Press	4	10
Incline Cable Chest Flies	4	12
SUPER SET Machine Chest Flies	4	12
Close Grip Machine Chest Press	4	12
SUPER SET Machine Chest Flies	4	12
Lying Dumbbell Chest Pull Overs	4	12
SUPER SET Single Dumbbell Chest Peaks	4	15
Overhead Cable Tricep Extensions	4	12
Tricep Push Down (w/ Tricep Rope)	4	12
Cable Cross Over Tricep Extensions	4	12
SUPER SET Cable Tricep Overhead Extensions	4	12