

### Chest and Triceps – Routine 8

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
Barbell Bench Press	3	12
Machine Chest Press	3	12
(Drop Set)	3	12
Dumbbell Incline Chest Press	3	12
SUPER SET Dumbbell Incline Chest Flies	3	12
Decline Cable Chest Press	3	12
SUPER SET Machine Chest Flies	3	12
Tricep Push Down (using V-Bar)	3	12
(Drop Set w/ Tricep Rope or Straps)	3	12
Incline Cable Chest Flies	3	12
SUPER SET Tricep Push Downs (w/ Tricep Rope)	3	12
Machine Tricep Extensions	3	12
Single Arm Machine Chest Flies	3	12
SUPER SET Single Arm Tricep Push Down	3	12