



Swolepires, LLC

### Chest Blaster #1

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Barbell Bench Press (Flat) 3 set of 8 -10 reps					
Barbell Decline Bench Press 3 sets of 8 -10 reps					
Dumbbell Bench Press Incline 3 sets of 8-10 reps					
Dumbbell Fly Flat bench 3 sets of 8-10 reps					
Dumbbell Fly Incline Bench 3 sets of 8-10 reps					
Cable Crossover 3 sets of 8 -10 reps					
Bodyweight Pushups 3 sets to Failure					