

Chest Mini Strength Workout Plan

Overview: For each exercise, begin with the highest weight you can perform while maintaining proper form. After completing the first set, reduce the weight by five pounds for the second set, and then decrease it by an additional five pounds for the third set.

If you find the weight during the third set not sufficiently challenging, return to set two's weight to ensure the level of intensity is met.

This method will be used for each exercise and set, throughout your workout.

Exercises	Sets	Repetitions	Instructions	Goal
Barbell Bench Press	4	4-5 Repetitions	Lay flat back on the bench. Put your feet on the floor and head a little behind the bar. Rack the bar off and begin benching.	Maintain good form and focus on pressing towards the air.
Dumbbell Chest Press	3 Sets	6-8 Repetitions	Place your feet flat on the floor. Lay down onto the bench and place your arms in the air holding the dumbbells. Let the dumbbells drop to right beside your chest and then press up.	Focus on keeping your shoulders down and pressing up through the air using your chest.
Barbell Overhead Press	3	8 Repetitions	Go over to a squat rack and grab a barbell. Put on a comfortable weight. Press the bar over your head/ a little behind.	Focus on explosiveness and pressing directly/slightly over your head.
Face Pulls	3	12	Go to a cable machine and position a cable rope right above your head. Pull directly to your face and apart right as you reach your face.	Start with your hands close together and pull towards your face. As the rope get closer to your face, slowly pull your hands apart.
Push Ups	3	To Failure	Place your hands and feet on the ground, getting into a push up position.	Focus on good form and not going too fast. Slow up and down for as many repetitions as you can.