

# Chest and Back

Exercise	Reps	Sets
Bench Press	10	Superset
Wide grip pull down	10	4 sets
Incline Barbell Bench Press	8	Superset
Single Arm Leaning Dumbbell Row	12 (each arm)	4 sets
Flat Dumbbell Fly	12	Superset
Seated Cable Row	12	4 sets
Dips	10	Superset
Close Grip Pull Downs	10	4 sets
Dumbbell Pullovers	12	Superset
Cable Crossover	12	3 sets