

## Training

### **This Is My Favorite Chest Routine.**

Beginners\* (for those with no experience or less than 3 months of training)

Bench press	1 X 20-25** 3 X 10
Flat Flyes	3 X 10
Pullovers	3 X 10

\* train chest once a week. Go as heavy as possible but in good form. Rest 1 minute in between sets

\*\* this is a warm up set

Intermediate\* (for those with 3 months to 1 year of training)

Bench press	1 X 20-25** 3 X 10
Incline flyes	3 X 10
Decline Smith Machine	3 X 10
Pec decks	3 X 10
Cable crossover	3 X 10

\* train chest once a week. Go as heavy as possible but in good form. Rest 1 minute in between sets

\*\* this is a warm up set

Advanced\* (for those with more than 1 year of training)

Bench press	1 X 20-25** 4 X 6-10^
Incline press	4 X 6-10^
Incline flyes	4 X 6-10^
Decline press	4 X 6-10
Or	
Dips	4 X as many reps as possible
Pullover	3 X 10
Superset with Cable crossover	3 X 15

\*train chest twice a week. Rest 1-2 minute in between sets

\*\* this is a warm up set

^ pyramid sets- start with a weight that uses lighter weight but encompasses many reps. Then as you move onto the next set and so on , you use heavier weight and perform fewer reps