

COURTESY FROM THE MASTER!

My favorite Chest Routine:

Flat dumbbell Press 4 X 8-12

superset

Flat flyes 4 X 8-12

Low Incline dumbbell press 4 X 8-12

superset

45 degree incline flyes 4 X 8-12

Decline dumbbell press 4 X 10-12

superset

Pec Deck 4 X 10-12

Triset: Cable crossover 3 X 10-12

Incline paralel dumbbell press (dumbells touch each other) 3 X 10

Dips (torso lean forward) 3 X as many as possible

Pullovers (heavy) 4 X 8-12

* Above routine strictly for advanced competitive bodybuilder. Beginners dont try this routine. Intermediates reduce the volume.

* Stretch in between sets.

* Once a week is sufficient. Good luck