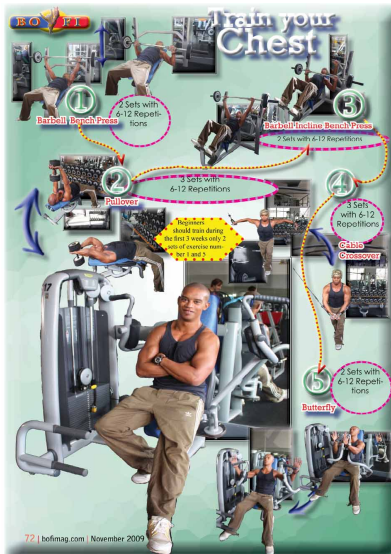


Train your Chest

Written by

DATE_FORMAT_LC2 -



Train your Chest

Barbell Bench Press -- 2 Sets with 6-12 Repetitions

Barbell Incline Bench Press -- 2 Sets with 6-12 Repetitions

Pullover -- 3 Sets with 6-12 Repetitions

Cable Crossover -- 3 Sets with 6-12 Repetitions

Butterfly -- 2 Sets with 6-12 Repetitions

Beginners should train during the first 3 weeks only 2 sets of exercise number 1 and 5

?