

Stolen from Daniel Jung and Ethan Gumabay

Chest Workout Plan

Do all 4x

- Flat Bench w/ Dumbbells - 8 Reps 25lbs

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- Inclined Flat Bench - 8 Reps 15 lbs
- Inclined Chest Fly - 12 Reps 10 lbs



- Floor Press - 10 Reps (*Round 2 - 8 less weight and pause for 5 seconds*) 25 lbs

