

CHEST + UPPER BACK

DAY 2, DAY 9, DAY 16, DAY 23, DAY 30 & DAY 37

Exercise 1: Giant Set

EXERCISES	SET 1	SET 2	SET 3
DB Inclined Press	12 reps	10 reps	8 reps
DB Flat Bench Press	12 reps	10 reps	8 reps
DB Decline Press	12 reps	10 reps	8 reps

Exercise 2: Super Set

EXERCISES	SET 1	SET 2	SET 3
Cable Fly	12 reps	10 reps	8 reps
Decline Cable Fly	12 reps	10 reps	8 reps

Exercise 3: Drop Set

EXERCISES	SET 1	SET 2	SET 3
Incline Cable Fly (on bench)	6,8,10,12 reps	6,8,10,12 reps	6,8,10,12 reps

Exercise 4: Super Set

EXERCISES	SET 1	SET 2	SET 3
Decline Pushups	12 reps	10 reps	8 reps
Regular Pushups	12 reps	10 reps	8 reps

Exercise 5: Angle Drop Set

EXERCISES	SET 1	SET 2	SET 3
Rope Upright Row (Angle 1)	10 reps	10 reps	10 reps
Rope Upright Row (Angle 2)	10 reps	10 reps	10 reps
Rope Upright Row (Angle 3)	10 reps	10 reps	10 reps

Exercise 6: Extended Set

EXERCISES	SET 1	SET 2	SET 3
DB Shrugs	15,12,10,8,10,12,15 reps	15,12,10,8,10,12,15 reps	15,12,10,8,10,12,15 reps

NOTE: There is no rest in between the exercises. Take 90sec rest after the giant set, extended set and 60sec rest after super set and drop set
For more info. watch "Chest/Upper Back" video.

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