

Super Set Chest Workout

Name _____

Instructions: *The Objective for this phase is to perform Chest Exercises. All are exercise are to be done in a split set format*

Exercises type: _____	Date: _____	Date: _____	Date: _____	Date: _____
Bench Press 1RM _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____
Incline Press 1RM _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____
Machine Chest Press 10RM _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____
Wide Grip Bench Press 3 RM _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____
Closed Grip Bench Press 3RM _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____
Chest Fly (Machine) 3RM _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____
Dumbbell Chest Press 3RM _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____
Dumbbell Incline Press 3RM _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____
Dumbbell Chest Fly 1RM _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____
_____ 3RM _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____
Instructor signature				