



## *Chest and Biceps*

### **Warm Up**

Incline walk on the treadmill for 15 minutes to prevent injury and get blood flow going

### **Chest**

#### **Bench**

5 sets 5 reps

Last set a weight for only 3 reps and try to end with a spotter

#### **Decline Hammer Strength Press**

3 sets 10-80-6

#### **Fly Machine**

3 sets 6-8 reps

End with a drop set

#### **Dips**

3 sets till failure

Keep a wide grip and legs bent to target more chest than triceps

### **Biceps**

#### **Concentration Curls**

3 sets of 10-8-6

Last set end with 2 negatives or forced reps

### **EZ Curls**

1 set of 6-8 reps of heavy weight

End last (4) reps with 2 negatives and 2 cheat curls

### **Hammer Strength Preacher Curls**

3 sets 10-12

*Between Sets:* Keep a 45 second rest in between each set.

**This workout is intended for informational purposes only. Please consult a physician before beginning any exercise program.**