



# ***TRAIN TO GAIN***

## ***CHEST - Weeks 1 and 3***

	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
<b>1</b>	Incline Dumbbell Press	5	6 – 8
<b>2</b>	Flat Bench Barbell Press	5	6 – 8
<b>3</b>	Incline Dumbbell Flyes	4	8 – 12
<b>4</b>	Pec Dec	3	8 - 12



# ***TRAIN TO GAIN***

## ***CHEST - Weeks 2 and 4***

	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
<b>1</b>	Incline Bench Barbell Press	5	6 – 8
<b>2</b>	Flat Bench Dumbbell Press	5	6 – 8
<b>3</b>	Cable Flyes	4	8 – 12
<b>4</b>	Flat Dumbbell Flyes	3	8 - 12



# ***TRAIN TO GAIN***

## ***CHEST - Weeks 5 and 7***

	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
<b>1</b>	Incline Smith Machine Press	4	8 – 12
<b>2</b>	Plate Loaded Machine Press	4	8 – 12
<b>3</b>	Incline Dumbbell Flyes	4	8 – 12
<b>4</b>	Cable Flyes	4	8 – 12



# ***TRAIN TO GAIN***

## ***CHEST - Weeks 6 and 8***

	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
<b>1</b>	Flat Bench Dumbbell Press	4	8 – 12
<b>2</b>	Machine Seated Chest Press	4	8 – 12
<b>3</b>	Flat Bench Dumbbell Flyes	4	12 – 15



# ***TRAIN TO GAIN***

## ***CHEST - Weeks 9 and 11***

	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
<b>1</b>	Incline Bench Barbell Press <i>superset with Cable Flyes</i>	4	12 – 15
<b>2</b>	Plate Loaded Press Machine <i>superset with Flat Bench Dumbbell Press</i>	4	15 – 20
<b>3</b>	Incline Bench Dumbbell Flyes <i>superset with Seated Machine Press</i>	3 or 4	15 – 20
<b>4</b>	Decline Bench Barbell Press	3	15 – 20



# ***TRAIN TO GAIN***

## ***CHEST - Weeks 10 and 12***

	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
<b>1</b>	Incline Dumbbell Press <i>superset with</i> Plate Loaded Machine	4	15 – 20
<b>2</b>	Flat Bench Barbell Press <i>superset with</i> Cable Flyes	4	15 – 20
<b>3</b>	Seated Machine Press <i>superset with</i> Flat Bench Dumbbell Flyes	3 or 4	15 – 20
<b>4</b>	Pec Dec	3	15 – 20