Gym Workout Routine for Chest
Printed on Apr 27 2010

Workout Routine Snapshot

1 Workout Days
0 Cardio Exercises
4 Strength Training
0 Stretching Exercises

4 Chest
<table>
<thead>
<tr>
<th>Cardio / Strength Training</th>
<th># of Sets</th>
<th># of Reps</th>
<th>Progress Log</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chest</td>
<td>Bench Press (Gym Equipment)</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>Chest</td>
<td>Chest Press (Gym Equipment) - Pronation Grip</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>Chest</td>
<td>Chest Fly (Gym Equipment)</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>Chest</td>
<td>Chest Fly (High Pulley)</td>
<td>3</td>
<td>6</td>
</tr>
</tbody>
</table>
Bu | Bench Press (Gym Equipment)

Secondary Muscles: Triceps  
Starting Position: Lie down on your back on the bench and grasp the handles with your hands.
Motion: Push the handle bars straight up until your elbows are close to being locked and lower them back slowly after a short pause.
Tips/Caution: Breathe out while pushing the bar and breathe in while lowering it back.

Bu | Chest Press (Gym Equipment) - Pronation Grip

Secondary Muscles: Triceps, Upper Chest  
Starting Position: Sit down on the bench and grab the handles with your hands, palms facing the floor.
Motion: Push the handles forward until your arms are close to being fully extended and slowly let them swing back after a short pause.
Tips/Caution: Breathe out while pushing forward and breathe in while letting the handlebars swing back.

Bu | Chest Fly (Gym Equipment)

Secondary Muscles: Outer Chest, Front Deltoids  
Starting Position: Sit down on the bench and position your arms against the arm pads, elbows at 90 degree angles.
Motion: Push your hands towards each other in front of your chest and let them go back after a short pause.
Tips/Caution: Keep your back straight throughout.

Bu | Chest Fly (High Pulley)

Secondary Muscles: Outer Chest, Front Deltoids, Lower Chest  
Starting Position: Stand up in front of the high pulley machine with your back facing it and grab both handles at shoulder height.
Motion: Pull the handles forward until your hands are in front of your abdomen and allow them to go back after a short pause.
Tips/Caution: Try to maintain the same angle in your elbows throughout.