



# CHEST

Day\_\_\_\_\_

Date\_\_\_\_\_

Time\_\_\_\_\_

Weight\_\_\_\_\_

Sleep\_\_\_\_\_

Stress\_\_\_\_\_

Mood/Notes \_\_\_\_\_

Exercise	Sets	Reps	Notes
<b>A1</b> incline Barbell press	2	5-8	
<b>B1</b> roller cable fly	3	10-12	**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)
<b>C1</b> DB flat press	2	6-8	
<b>D1</b> machine incline press	3	8-10	**Double Drop set on this last set. (First set will be in the prescribed 12-15 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

## PUMP WORK SMITH CHEST CHOPPER

Complete as giant set.

<b>A1</b> roller fly	2	10-12	2 rounds, 90 seconds between rounds
<b>A2</b> banded smith floor press	2	10-15	2 rounds, 90 seconds between rounds
<b>A3</b> banded floor fly	2	10-15	2 rounds, 90 seconds between rounds
<b>A4</b> smith floor press	2	whatever's left	2 rounds, 90 seconds between rounds

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