

Chest/Back



5-10 minute easy warmup: treadmill, elliptical, bike

2 rounds: (10-15' rest in between each exercise, 1 minute rest between sets)

10x lateral pull downs

10x free weight bench press -

10x free forward neck shrugs

10x free backward neck shrugs

10x free incline bench press

10x free single arm dumb row right (alternate which arm starts in each full set)

10x free single arm dumb row left

10x free double arm dumb row (both together)

10x free dumb fly

10x machine row

1 min rest in between full sets

If you aren't experience muscle fatigue/failure after 10 reps, increase the weight.