

Great Chest Workout Routine

Here is a great chest workout that you can do at home or at the gym. This workout targets your upper, mid and lower chest. There are three exercises included in this workout. Click on the name of the exercise to see a video demonstration of how to perform it correctly.

EXERCISE	REPS	SETS	REST (Seconds)
Incline Dumbbell Fly	15	2	30
Incline Dumbbell Press	15	2	30
Flat Barbell Press	15	2	45

www.makeoverfitness.com