



TRAINING PLAN DAY 9 CHEST

Warm up -

-Cardio treadmill 15-20 minutes.

Control intensity accordingly to your level.

- As a beginner you can choose normal walk
- If you are an intermediate.

You can make the splits like - 4-1 x 4 (4 minutes normal walk and 1 minute medium intensity running)

- If you an advance level person. you can go with 2-1 X 5 or 2-1 x 6.

UPPER BODY WARMUP

- Banded rotator cuff warm-up.
- Banded biceps curls.
- Banded chest squeeze
- banded triceps push down

EXERCISE 1 CHEST PRESS

Set 1 - Warm up (12-15 reps)

Set 2 – Medium intensity (12-15 reps)

Set 3 – High intensity (10-12 reps)

Set 4 – High intensity (8-10 reps)

EXERCISE 2 INCLINE DB PRESSES

Set 1 – Medium intensity (12-15 reps)

Set 2 – High intensity. (12-15 reps)

Set 3 – High intensity. (10-12 reps)

EXERCISE 3 CABLE FLY OR PEC FLY MACHINE

Set 1 - Medium intensity (12-15 reps)

Set 2 – Medium intensity (12-15 reps)

Set 3 – Medium intensity (10-12 reps)

EXERCISE 4 ISOLATED CHEST PRESS MACHINE

Set 1 – Medium intensity (15 reps)

Set 2 – High intensity (15 reps)

Set 3 – High intensity(12 reps)