CHEST IGNITION

Chest · Time saver

TIME SAVER

EXERCISES 08

BLOCKS 04

01 WARM-UP

• TREADMILL INCLINE WALK (WEIGHTED VEST)	DURATION 7 min	3.5 mph, 15% incline. Vest: women 25 lb, men 40 or 60 lb

02 CORE ACTIVATION

3 ROUNDS · REST 30 S BETWEEN ROUNDS

		SETS	REPS	REST	
01	PALLOF PRESS WITH ROTATION (CABLE)	3	10 / side	30 s	Moderate resistance.
02	CABLE ROPE CRUNCH	3	12	30 s	High cable, rope handle, controlled tension.

03 PREHAB

1 ROUND · ROTATOR CUFF HEALTH

		SETS	REPS	REST	
01	BAND OR CABLE EXTERNAL ROTATION	1	12	30 s	Light resistance.
02	BAND OR CABLE INTERNAL ROTATION	1	12	30 s	Light resistance.

04 MAIN CHEST WORKOUT

		SETS	REPS	REST	
01	HIGH-TO-LOW CABLE FLY	4	10	60–90 s	Moderate to heavy weight, controlled form.
02	MACHINE INCLINE PRESS	2 + 3	8 warm-up / 4 heavy	2 min	Warm-up light to moderate, increasing weight.
03	SLIGHTLY INCLINED DUMBBELL BENCH PRESS (15–20°)	4	6	90–120 s	Heavy. Start with an underhand grip at the bottom, rotate to a hammer grip at the top of each rep.
04	PEC DECK MACHINE	4	6	60–90 s	Heavy weight, controlled form.

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