[](http://www.fitnish.com)Freddie Klopper's Chest Training Guide

Workout Log

**Start Date:**

**My Stats**

Name:

Age:

Weight:

Bf%:

Warm up:

* 5 minutes on skipping/running to warm up.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Exercise | Sets | Reps | Weight | Time | Rest period |
| Incline dumbbell press | 1  2  3  4  5  6 | 20  20  15  12  8  4-6 | 30 Kg  30 Kg  40 Kg  45 Kg  50 Kg  60 Kg |  | 45 seconds |
| **SUPERSET:** | | | | | |
| 1. Flat fly's | 1  2  3  4 | 15  12  10  8 | 20 Kg  23 Kg  28 Kg  30 Kg |  | 45 seconds |
| 2. Close diamond push ups | 1  2  3  4 | 15  15  15  To failure |  |  | 45 seconds |
| **Chest press** (single arm, then both arms) | 1  2  3  4 | 15  12  12  15 |  |  | 45 seconds |
| **SUPERSET:** | | | | | |
| 1. Peck deck | 1  2  3  4 | 15, 12, 8  15, 12, 8  15, 12, 8  15, 12, 8 | 60, 70, 80 Kg  60, 70, 80 Kg  60, 70, 80 Kg  60, 70, 80 Kg |  | 45 seconds  To 1 minute |
| 2. Deep hanging dips | 1  2  3  4 | 12  12  12  12 |  |  | 45 seconds  To 1 minute |