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 | 123456 | 2020151284-6 | 30 Kg30 Kg40 Kg45 Kg50 Kg60 Kg |  | 45 seconds |
| **SUPERSET:** |
| 1. Flat fly's | 1234 | 1512108 | 20 Kg23 Kg28 Kg30 Kg |  | 45 seconds |
| 2. Close diamond push ups | 1234 | 151515To failure |  |  | 45 seconds |
| **Chest press** (single arm, then both arms) | 1234 | 15121215 |  |  | 45 seconds |
| **SUPERSET:** |
| 1. Peck deck | 1234 | 15, 12, 815, 12, 815, 12, 815, 12, 8 | 60, 70, 80 Kg60, 70, 80 Kg60, 70, 80 Kg60, 70, 80 Kg |  | 45 secondsTo 1 minute |
| 2. Deep hanging dips | 1234 | 12121212 |  |  | 45 secondsTo 1 minute |