

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