

ADDY + ABBY

PERSONAL TRAINING

Chest Beginner Workout

Exercise	Sets	Reps	Rest	Comments
*Complete warm up / Mobility routine before beginning your workout.				
*My 3 Pre-Bench Press exercises				
1) Rear Delt Flys	2	20		
2) Scarecrows with light weight	2	20		
3) Pole/Broomstick/Band Mobilization	2	10		<i>*Slow controlled movements, go as far as your mobility will allow you</i>
1 Flat Bar Bench Press with Progression (Rep Drop Build)	4	12	1 Minute	<i>*Increase weight each set if you can</i>
2 Incline Bench Press	3	15	1 Minute	<i>*Partial Reps / Pulse reps at the bottom of your press</i>
3 Dumbbell Flys	3	15		
into			1 Minute	
Strict Push Ups	3	12		<i>*Slow controlled reps</i>
4 Dumbbell Chest Press	4	12	1 Minute	<i>*Increase weight each set</i>
5 Tricep Push Ups	1	50		<i>*Go on your knees if you need to OR replace this with 50 Bench Dips</i>

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