

Chest Routines

Bulk-Up Phase			Muscle Definition Phase		
Weeks 1 to 4			Weeks 1 to 4		
	Sets	Reps		Sets	Reps
incline dumbbell bench press	3	6 to 8	smith machine bench press	5	12 to 14
close-grip chest press	3	6 to 8	pec deck	4	12 to 14
decline dumbbell bench press	3	8	cable crossovers (upper chest)	4	14
dumbbell pull-over	4	8	close-grip cable pull	4	14
Weeks 5 to 8			Weeks 5 to 8		
	Sets	Reps		Sets	Reps
barbell bench press	3	6 to 8	SUPER incline smith machine press	4	14
incline barbell bench press	3	6 to 8	SET cable crossovers	4	14
chest dips	3	10	SUPER close-grip chest press	4	12
dumbbell flys	4	8	SET dumbbell (floor) chest press	4	12
			pec deck	3	16

Supersets are performed with NO REST in between sets of any given two-exercise (sometimes three) exercise routine. As soon as you finish a set of one exercise move quickly to the next exercise and do a set of the second exercise. After this you can rest and then repeat the superset cycle again until you go through the entire sequence (number of sets).