

# Dave Batista Wrestler Workout for Huge Mass

## Mondays - Chest & Abs

Exercise Name	Sets			
	1	2	3	4
incline barbell bench press	10	8 to 9	6 to 7	/
flat bench dumbbell press	10	10	10	/
decline bench dumbbell flys	12	12	12	/
parallel bar dips	12	10	/	/
ab crunches	30	30	30	30

REPS

Notes



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