

## DAY 14: CHEST EXPLAINED

### PRE-EXHAUSTION WITH SUPER SETS

This entire workout is about pre-exhausting the targeted muscle group. You will need to check your ego because your compound lifts are going to drop tremendously in weight. Bring your training partner because you're going to need a spot!

### STANDARD CABLE FLIES

These can be done on the cables in the jungle gym or on the Free Motion cable machines. The goal here is to put a slight bend in your knees and bend over horizontally, so as to mimic a standard flat bench fly. Keep your palms turned in (supinated) with your fingers open at the bottom to maximize the contraction.

## DAY 14 WORKOUT: CHEST

EXERCISE	SETS	DROP SET/ SUPER SET	REPS	REST
INCLINE DUMBBELL FLIES SUPERSET WITH INCLINE BARBELL BENCH PRESS	5	SUPERSET	20/12, 16/12, 12/12, 10/12, 8/12	2 MINUTES
FLAT DUMBBELL FLIES SUPERSET WITH FLAT BARBELL BENCH PRESS	5	SUPERSET	20/12, 16/12, 12/12, 10/12, 8/12	2 MINUTES
INCLINE SMITH MACHINE	5	NO	20, 18, 16, 14, 12	2 MINUTES
STANDARD CABLE FLIES	4	NO	20, 20, 20, 20	2 MINUTES

