**Chest workout**

**SUPerset ONE**

**1A 20-degree incline fly**
- Sets 3  
- Reps 10  
- Tempo 4010  
- Rest None

- Lie flat on an incline bench holding a dumbbell in each hand with hands out in front of your chest and palms facing each other.  
- Keeping a slight bend in your elbows, slowly lower the weights out to the sides until you feel a stretch across your chest. Turn your wrists as you go so the backs of your hands face up at the bottom of the move.  
- Squeeze your chest hard to return the weights to the start, twisting your wrists back on the way.

**TARGET MUSCLES**
- Pectoralis major  
- Anterior deltoid  
- Pectoralis minor (underneath)

**2B Dumbbell bench press**
- Sets 3  
- Reps 10  
- Tempo 4010  
- Rest 90 seconds

- Lie flat on a bench holding a dumbbell in each hand with arms straight.  
- Slowly lower the weights, flaring your elbows out to the sides, until you feel a stretch across your chest.  
- Pause briefly, then press the bar back up powerfully, focusing on squeezing your chest on the way up.

**TARGET MUSCLES**
- Pectoralis major  
- Anterior deltoid  
- Triceps
**How to do this workout**

**WARM-UP**
Warm up with some push-ups and bench presses using an unloaded barbell.

**SETS AND REPS**
Perform a set of exercise 1A, then a set of 1B, then rest for the time shown. After three sets, move on to the second superset and repeat.

**TEMPO**
Each move has a four-number tempo at which it needs to be performed: the lowering phase, the pause, the lift and the pause at the top.

---

**SUPERSET TWO**

**1A Guillotine press**
- Sets 3 • Reps 8 • Tempo 3110 • Rest None

- Lie flat on a bench holding a barbell with arms straight using an overhand grip, hands slightly wider than shoulder-width apart.
- Slowly lower the bar, flaring your elbows out to the sides, until it is just above your Adam’s apple.
- Pause briefly, then press the bar back up powerfully.
- Have a spotter to ensure the move is performed safely.

**TARGET MUSCLES**
- Pectoralis major
- Pectoralis minor (underneath)
- Anterior deltoid
- Triceps

**2B Kneeling cable crossover**
- Sets 3 • Reps 15 • Tempo 3120 • Rest 90 seconds

- Kneel between two cable stacks holding D-handles attached to the high pulley with arms almost fully extended.
- Keeping your chest up and a slight bend in your elbows, squeeze your chest to bring your hands around in an arc so they meet in front of your body.
- Hold this contraction briefly and focus on squeezing your chest as hard as possible, then reverse the move slowly back to the start.

**TARGET MUSCLES**
- Pectoralis major
- Anterior deltoid
- Lats