

Chest Cutting Routine

Exercise	Sets	Reps
Incline Smith-Machine Press <i>superset with</i>	3	10,12,15
Incline Dumbbell Flye	3	12,12,12
Seated Machine Chest Press	3	10,12,15
Flat-Bench Cable Flye	3	12,12,12
Lower-Pulley Cable Crossover <i>superset with</i>	3	12,12,12
Push-up	3	to failure