

Pre-Exhaust Chest Routine

Exercise	Sets	Reps
Upper-Pulley Cable Crossover	3	12,12,12
Lower-Pulley Cable Crossover	3	12,12,12
Flat-Bench Dumbbell Press	4	6,8,8,10
Smith-Machine Incline Press	4	8,10,10,12
Smith-Machine Decline Press	4	8,10,10,12
Pec-Dec Flye	2	25,25