

Strength and Power Chest Routine

Exercise	Sets	Reps
Power Push-Up	3	5,5,5
Bench Press	6	10,8,6,5,5,3
Incline Barbell Press	6	10,8,6,5,5,3
Weighted Dip	3	10,10,10**

* This is just like the standard push-up, except you push up explosively so your hands leave the floor on each rep. This move enhances power and fires your fast twitch muscle fibers. Because this is only a warm-up, don't take these sets to failure

**On your last set to failure with a weighted belt on, strip the weight and rep until failure again.