

Exercise	Sets	Reps
Incline Bench press	5	10,6,10,12,10
Incline dumbbell press	3	10,10,6
Seated chest press	3	10,8,12
Narrow grip bench press	3	10,12,8
Dumbbell pullover	3	10,15,12
Cable cross over	4	10,15,12,10