

Chest and Back Exercises	Pair	Sets	Reps	Tempo	Rest	Notes
Pull Ups	1a	5	6-8	3:1:1:0		
Bench Press	1b	5	6-8	3:1:1:0	60	Keep elbows close. Not flared out. Focus on the mind muscle connection to drive through the chest not the triceps or delts.
Dead Barbell Bent Row	2a	4	8	1:0:1:0		Start with the barbell on the ground and use the legs to help power the bar up. Keep back straight.
Incline DB Press	2b	4	8	3:1:1:0	60	Keep usual form. Cross between fly and press.
Cable Row	3a	4	8	3:1:1:0		Control the weight. Keep spine flexed.
Machine Chest Press	3b	4	8	3:1:1:0	60	Keep elbows tucked and control the weight. 8 is the absolute maximum reps you could do.
Cable Row (neutral grip) (dropset with intra-set stretching)	4	4	12,10,10	2:1:1:0	30	Perform a dropset – 12 reps, drop the weight and do 8 reps etc. After the last rep, lean forward into a stretched position and stretch the back muscles for 30 seconds. Rest for 30 seconds.
Cable Fly	5	4	12, 10, 10	3:1:2:1	30	Intra- Stretching As above.