

Chest and Back Exercises	Pair	Sets	Reps	Tempo	Rest	Notes
<b>Pull Ups</b>	1a	5	6-8	3:1:1:0		
<b>Bench Press</b>	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.
<b>Dead Barbell Bent Row</b>	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.
<b>Incline DB Press</b>	2b	4	8	3:1:1:0	60	Keep usual form. Cross between fly and press.
<b>Cable Row</b>	3a	4	8	3:1:1:0		Control the weight. Keep spine flexed.
<b>Machine Chest Press</b>	3b	4	8	3:1:1:0	60	Keep elbows tucked and control the weight. 8 is the absolute maximum reps you could do.
<b>Cable Row (neutral grip) (dropset with intra-set stretching)</b>	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.
<b>Cable Fly</b>	5	4	12, 10, 10	3:1:2:1	30	Intra- Stretching As above.