

12 WEEK CHEST PROGRAM

Supplements:

- **Pre-Workout** – 1 Scoop IMPACT Igniter
- **Intra-Workout** – 1 Scoop AMINOCORE + 1 Scoop CARBION+
- **Post-Workout** – 1 Scoop CVOL + 1 Scoop ISOFLEX + 1 Serving ALLMAX GLUTAMINE

Week #1:

Monday - Chest & Triceps

- Flat Bench Press (medium-width grip) – 1 set of 4-6, 2 sets of 8-12
- Incline Bench Flyes – 1 set of 4-6, 3 sets of 8-12
- Flat Bench Flyes – 1 set of 4-6, 2 sets of 8-12
- Chest Dips – 1 set of 4-6, 3 sets of 8-12
- Incline Dumbbell Bench Press – 1 set of 4-6, 3 sets of 8-12
- Triceps (3 sets): Exercise of your choosing

2 minutes rest between first and second set (of each exercise), and 40 seconds rest between final set.

Tuesday - Back & Biceps

Routine of your choosing

Wednesday - Legs

Routine of your choosing

Thursday - Rest Day

Friday - Chest: Power & Size Day

- Incline Dumbbell Press – 4 sets of 4-6
- Flat Bench Press – 4 sets of 4-6
- Chest Dips – 4 sets of 4-6 (add weight)

2 minutes rest between sets for all sets.

Saturday - Rest Day

Sunday - Rest Day

Week #2:

Monday - Chest & Triceps

- Incline Flyes – 1 set of 4-6, 3 sets of 8-12
- Incline Dumbbell Bench Press – 1 set of 4-6, 3 sets of 8-12
- Flat Bench Press (wide grip for outer chest development) – 1 set of 4-6, 2 sets of 8-12
- Chest Dips – 1 set of 4-6, 3 sets of 8-12
- Triceps (3 sets): Exercise of your choosing

2 minutes rest between first and second set (of each exercise), and 40 seconds rest between final set.

Tuesday - Back & Biceps

Routine of your choosing

Wednesday - Legs

Routine of your choosing

Thursday - Rest Day

Friday - Chest: Power & Size Day

- Flat Bench Press (wide grip for outer pec development) – 4 sets of 4-6
- Incline Dumbbell Bench Press – 4 sets of 4-6
- Chest Dips – 4 sets of 4-6

2 minutes rest between sets for all sets.

Saturday - Rest Day

Sunday - Rest Day

Weeks 3 to 12 – Continue to alternate between week 1 program and week 2 program.