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Strength Programme Card  
**CHEST WORKOUT**

# STRENGTH PROGRAMME CARD

## CHEST WORKOUT

EXERCISES	Sets/Reps	Progression	Regression
		Sets/Reps	Sets/Reps
Warm Up	5 mins on Any Cardio Machine	N/A	N/A
Chest Press (Dumbbell or Barbell)	1 x 15-20 reps 3 x 10 reps	N/A	Chest Press Machine
Dumbbell Fly	3 x 10 reps	10, 8, 6 reps getting heavier	Fly Machine
Incline Dumbbell press	3 x 10 reps	10, 8, 6 reps getting heavier	Use a Barbell
To Finish Cable crossovers	4 x 15 reps	15, 12, 10, 10 getting heavier	Press ups to failure

NOTE: If you require any help please ask a Lincs Inspire Instructor

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