

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Chest Blaster
Primary Target Area:	Chest
Approximate Time:	1 Hour
Skill Level:	Moderate

Warm-up: 10 minutes of light cardio on treadmill and/or jump rope

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Barbell Bench Press	4	8-12	1.5 min	Lightly touch the chest to avoid using momentum
Incline Dumbbell Bench Press	4	8-12	1.5 min	Keep elbows at 90 degree angle
Incline Dumbbell Flys	3	12-15	1 min	Keep slight bend in elbow
Decline Cable Flys	3	12-15	1 min	Keep slight bend in elbow
Weighted-Chest Dips	3	12-15	1 min	Have chest slightly angled towards the floor
Push-ups	3	Until failure	30 sec	Keep back flat

Cool Down: 10 minutes of light cardio on treadmill and/or jump rope

Additional Notes:

Chest stretches for after workout:

- Above the Head Chest Stretch
- Extended Child's Pose on Fingertips



Questions or Comments? Please e-mail fitness@oswego.edu

Sample Diagrams

Barbell Bench Press



Incline DB Bench



Incline DB Flys



Decline Cable Flys

