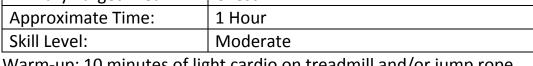
### **Grab & Go Workouts**

Presented by the Fitness Centers Created by: John Zopf

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	4	8-12	1.5 min	Keep elbows at 90
Press				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	30 sec	Keep back flat
		failure		

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** 



