

# 2 Fit 4 You

## Chest & Triceps

Date: \_\_\_\_\_ Weight: \_\_\_\_\_ Notes: \_\_\_\_\_

EXERCISE	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Flat Bench Press						
Dumbbell Flye						
Dumbbell Pullover						
Decline Bench Press						
Incline Bench Press						
Cable Crossover						
Machine Chest Press						
Overhead Bar Press						
Cable Triceps Push-Down						
Triceps Dip						
Close-Grip Bench Press						