

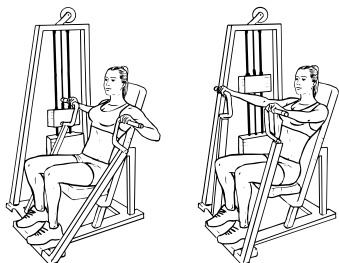
# Chest Crush

Arms, Chest, Legs

BP

Brian P.

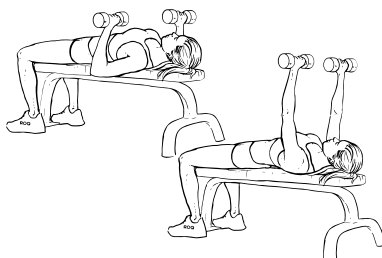
## Hammer Strength Machine / Seated Chest Press



5 sets 8 reps

Superset with body squats

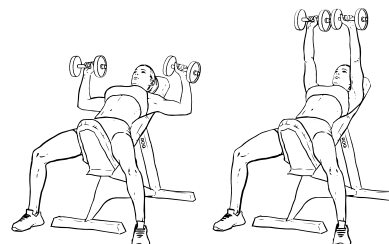
## Dumbbell Flat Bench Press



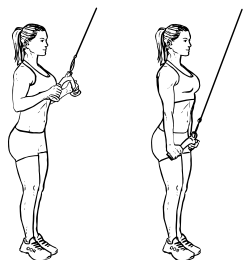
5 sets 10 reps

superset with leg extensions

## Incline Dumbbell Bench Chest Press



## Triceps Cable Pushdowns



5 sets 10 reps 60 sec rest



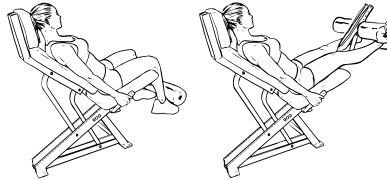
**Bodyweight Squats**



**5 sets 20 reps**

superset with chest machine

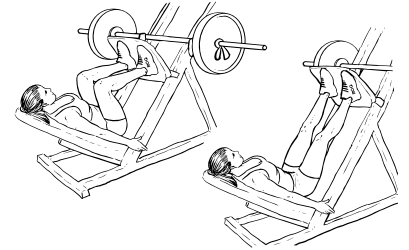
**Seated Machine Leg Extensions**



**5 sets 10 reps**

superset with dumbbell press

**Leg Press / Machine Squat Press**



**5 sets 10 reps**

superset with incline dumbbell press

