

Jim Cordova's Crazy Chest Workout

Remember to consult your doctor before starting any diet and/or training program.

Always train smart and attempt reps and sets that are within your abilities.

Exercise	Sets	Reps	Jim's Training Notes
Multi-Angle Dumbbell Press:			<p>"The majority of your chest routine should be comprised of compound movements such as presses. At the very end of your workout, include one or two strict isolation movements, such as cable or machine flies. The objective is not to use the heaviest weight possible, but to focus on contracting your chest muscles so that you can accentuate the appearance of your chest and be more efficient at isolating them when performing massbuilding compound movements."</p>
15-degree decline	2	10-12	
Flat bench	2	10-12	
15-degree incline	1	10-12	
30-degree incline	1	10-12	
40-degree incline	1	10-12	
Parallel bar chest dips	3	20	
Dumbbell pullovers	3	10-12	
Cable crossovers	3	15	

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