M.A.S.S. Chest Routine

Date: _____ Time Started: _____ ❑ Warm-Up/Stretch

Weight: _____ Time Finished: _____ ❑ Cooldown

EXERCISE	Weight (lbs.)	Reps (Target)	Reps (Completed)	Notes
Incline Barbell Press				
SET 1 (warm-up)		15		
SET 2 (warm-up)		20		
SET 1		12		
SET 2		10		
SET 3		8		
SET 4		6		
Incline Dumbell Press (reverse pyramid)				
SET 1		6		
SET 2		8		
SET 3		10		
Flat Dumbell Flyes				
SET 1		12		
SET 2		10		
SET 3		8		

NOTES

Cardio: _____ Time: _____ Calories burned: _____

_____ Time: _____ Calories burned: _____

MUSCLETECH® SUPPLEMENTS USED

_____ _____ _____

_____ _____ _____

_____ _____ _____

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M.A.S.S. Chest Routine

Date: _____ Time Started: _____ ❑ Warm-Up/Stretch

Weight: _____ Time Finished: _____ ❑ Cooldown

EXERCISE	Weight (lbs.)	Reps (Target)	Reps (Completed)	Notes
Weighted Dips				
SET 1		10		
SET 2		8		
SET 3		6		
Dumbell Pullovers				
SET 1		12		
SET 2		10		
SET 3		8		

NOTES

Cardio: _____ Time: _____ Calories burned: _____

_____ Time: _____ Calories burned: _____

MUSCLETECH® SUPPLEMENTS USED

_____ _____ _____

_____ _____ _____

_____ _____ _____

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