

S. N	Workout Sample 1	Sets	Reps
	<b>Dumbbell-Focused Chest &amp; Triceps Exercises</b>		
1	Flat Bench Dumbbell Press:	4	12 - 8 reps
2	Incline Dumbbell Bench Press:	3	12 - 8 reps
3	Flat Bench Dumbbell Fly:	3	12 - 8 reps
5	Both Arm Dumbbell Overhead Extensions:	4	12 - 8 reps
6	Dumbbell Kick Back:	3	12 - 8 reps
S. N	Workout Sample 2	Sets	Reps
	<b>Barbell Focused Chest &amp; Triceps Exercises</b>		
1	Incline Bench Barbell Press:	4	15-12 Reps
2	Flat Bench Barbell Press:	3	12-8 Reps
3	Decline Bench Barbell Press:	3	12-8 Reps
4	E Z Barbell Skull Crushers:	4	12-8 Reps
5	Close Grips Barbell Bench Press:	3	12-8 Reps
S. N	Workout Sample 3	Sets	Reps
	<b>Basic Workout of Chest &amp; Triceps</b>		
1	Incline Barbell Press:	4	12-15 reps
2	Flat Barbell Press:	3	12-8 Reps
3	Low to High Cable Flyes	3	12-8 Reps
4	Cable Crossovers:	3	12-8 Reps
5	Reverse Grip Pushdown:	4	12-15 reps
6	Dips Behind Hips:	3	Failure
S. N	Workout Sample 4	Sets	Reps
	<b>Strength Focused Chest and Triceps Workout</b>		
1	Flat Bench barbell press:	4	10-6 Reps
2	Weighted Chest Pushups:	4	Failure
3	Incline Bench Press with Dumbbell:	4	10-6 Reps
4	Dumbbell Pull Over:	4	10-6 Reps
5	Close Grip Bench Press:	4	10-6 Reps
6	Parrell Bar Dips:	4	Failure
S. N	Workout Sample 5	Sets	Reps
	<b>Ultimate Chest and Triceps Workout</b>		
1	Seated cable fly (Nick Walker Version ):	4	12-15 reps
2	Inclined Svend Press:	3	12-15 reps
3	Flat Bench Dumbbell Hammer Press:	3	12-8 Reps
4	Machine Chest Press:	4	12-8 Reps
5	Reverse grips and regular grip push-down superset:	3	10+10
6	Rope Kick Back:	3	12-8 Reps