



## BEST CHEST & BACK WORKOUT WITH SUPERSETS

### 4 Push-Pull Supersets to Grow Your Chest & Back

This workout is a series of 4 supersets, each superset has 2 - 3 exercises. Between each superset take 1min to 1.5min to rest. There is no resting between each exercise within a superset, it's meant to be performed back to back. To completely fatigue the muscle it is suggested to perform three sets of the full routine with the following rep range(s):

- Superset #1 - 15 reps +
- Superset #2 - 15 reps +
- Superset #3- 15 reps +
- Superset #4 – 15 reps +

**Weight Selection:** Choose a weight you can just barely reach 15 reps with. If you hit failure before 15, move down in weight by 5LB increments

### The Workout Plan:

#### Superset #1

Flat Bench Dumbbell Press SS with Bent Over Dumbbell Row

#### Superset #2

High Incline Dumbbell Press SS with Barbell Row

#### Superset #3

Single Arm Hammer Strength Press SS with One Arm Lat Pulldowns

#### Superset #4

Cable Crossovers SS with Push-ups & Pull-ups

#### Supplementation :

- Pre-Workout – 1 scoop **HVOL**
- Intra-Workout – 1 scoop **AMINOCORE** + 1 scoop **CARBION**
- Post-Workout – 1 scoop **CVOL** followed by 1 scoop **ISOFLEX**

NOTE: SS = Superset

**WARNING:** This workout is not for the faint of heart - be sure you are an intermediate to advanced weight trainer and have ample rest to recover from this extreme amount of training.