



SUPER-CHEST



*All exercises below are to be performed with max intent for strength & hypertrophy adaptations

*Perform 3-5 Rounds of Exercises 1-6 (15-30 minutes total)

*Rest 30-60 seconds b/w exercises & Rest 2-3 minutes b/w rounds

No.	Movement Type	Exercise Options	Intensity (Percent)	Volume (reps)
1	Bilateral Horizontal Press	BB Bench Press, BB Incline BP, BB Decline BP, BB Floor Press, BB Wide Grip BP, BB Pin Press, BB Board Press	80-100%	3-6
2	Unilateral Horizontal Press	DB Bench Press, DB Incline BP, DB Decline BP, DB Floor Press, Landmine Press, Cable Press	55-75%	8-12
3	Fly Variations	DB Flat Bench Fly, DB Incline Bench Fly, DB Decline Bench Fly, Cable Fly, Pec Dec Fly, DB Pullover	35-55%	15-25

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