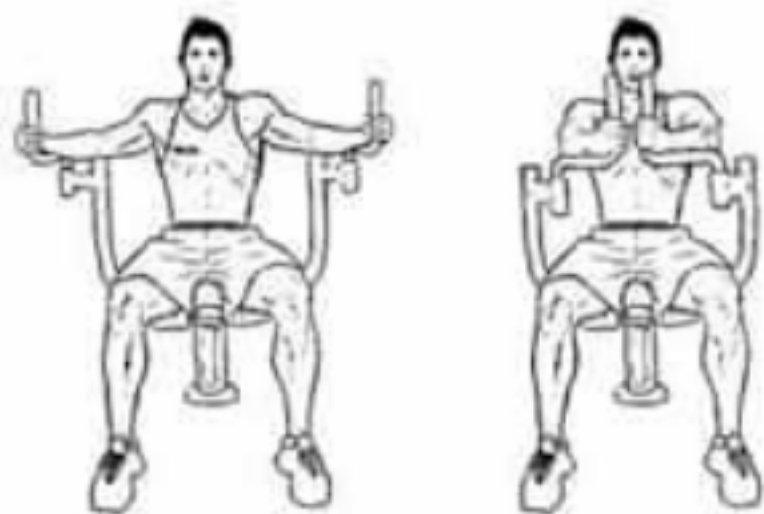
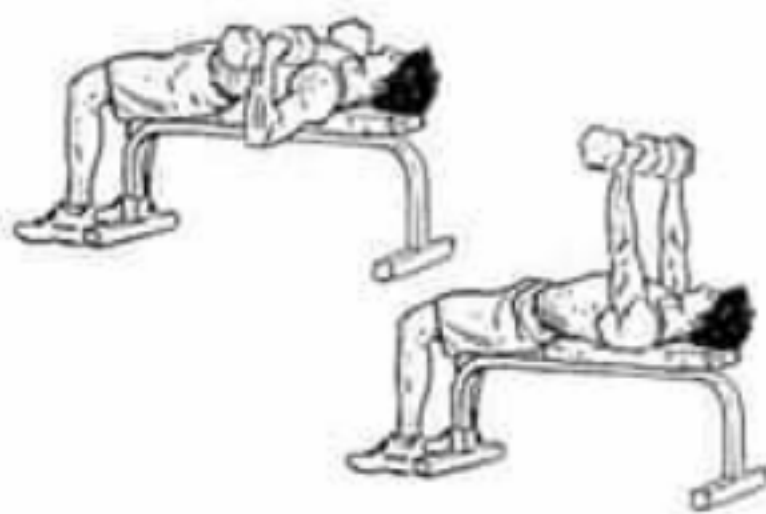


# PRINTABLE WORKOUT

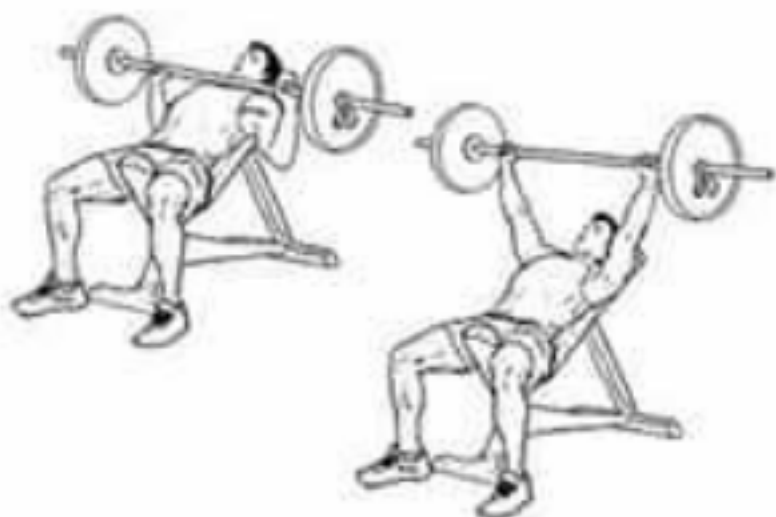
## Peck Peck Day (Chest)



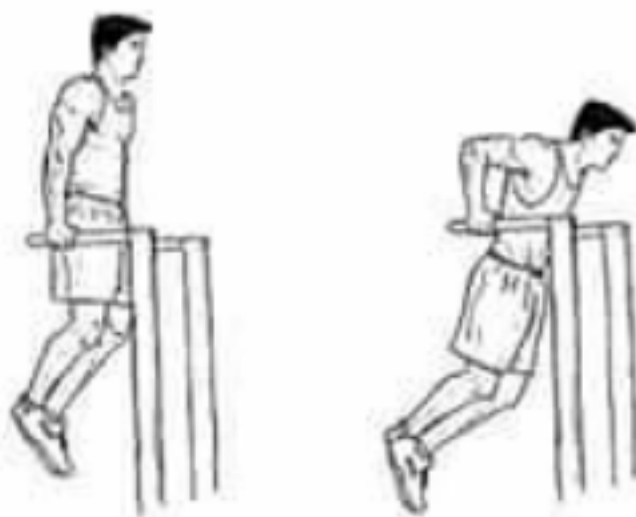
Butterfly / Pec Deck /  
Seated Machine Fly  
4 sets / 12 reps



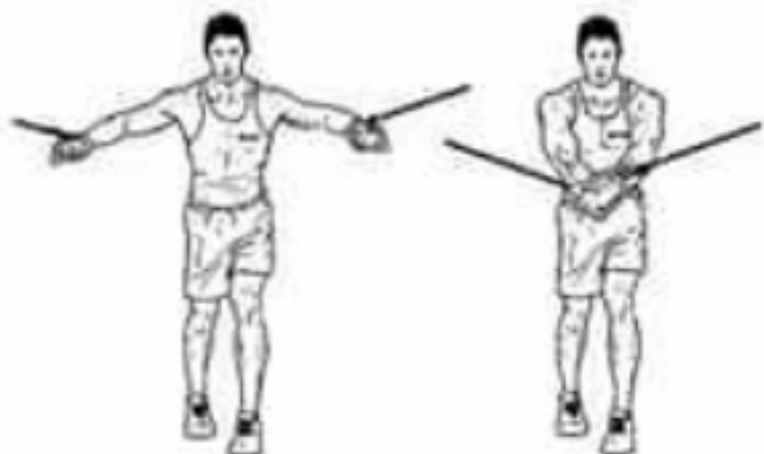
Dumbbell Flat Bench Press  
4 sets / 10 reps



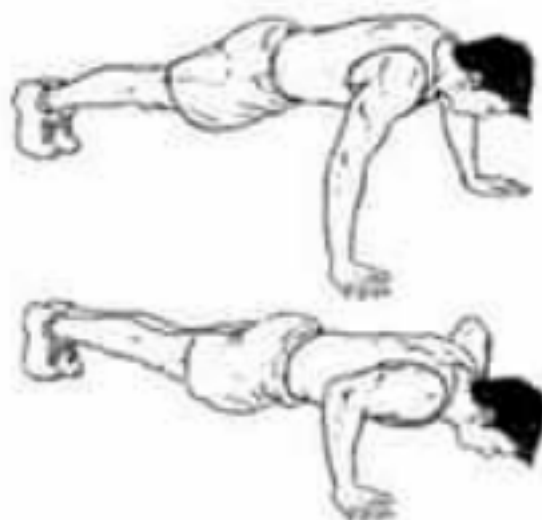
Incline Barbell Bench Press  
4 sets / 10 reps



Triceps Dips  
3 sets / 12 reps



Standing Cable Crossover /  
Fly  
4 sets / 12 reps



Wide Push-up