

# CHEST & TRICEPS

**BENCH PRESS**



**3 SETS  
10 REPS**

**CHEST FLYES**



**3 SETS  
8 - 12 REPS**

**INCLINE BENCH**



**3 SETS  
10 REPS**

**PULLOVER**



**3 SETS  
12 REPS**

**SEATED OVERHEAD EXT.**



**3 SETS  
10 - 12 REPS**

**KICKBACKS**



**3 SETS  
10 - 12 REPS**

# Chest Triceps Training

**Stoppani, Jim**



## **Chest Triceps Training:**

*Jim Stoppani's Encyclopedia of Muscle & Strength* Jim Stoppani, 2023-02-20 Expertly designed training programs from renowned trainer Jim Stoppani As a leading authority on exercise science and former senior science editor for Muscle evaluates 95 types of strength training equipment including suspension trainers BOSU balance trainers and kettlebells and provides nutritional goals for specific training outcomes You ll be set for success with 7 programs for maximizing fat loss 41 programs for building muscle mass 27 programs for maximizing strength and handy Quick Tips featuring snippets of Stoppani s expert advice on exercise technique Beginner intermediate and advanced program options are available for each training objective and incorporate exercises that target 13 muscle groups Programs are rated according to workout duration the projected time frame for achieving measurable results level of difficulty and overall effectiveness With guidance from a renowned expert your training is sure to deliver results For those who are serious about their training as well as for personal trainers and strength and conditioning professionals Jim Stoppani s *Encyclopedia of Muscle Strength Third Edition* is the must have reference for all training needs Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam

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