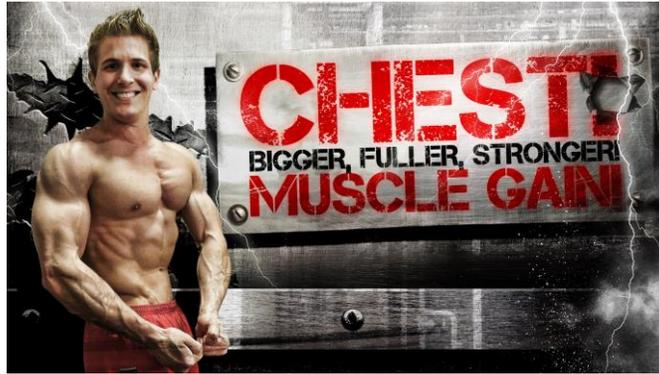


CHEST: Bigger, Fuller, Stronger! Muscle Gain!



www.ScottHermanFitness.com

Get ready for the most intense chest workout of your life! This routine was designed to bring your workout to the next level and get you ready for more intense lifts. By combining burn sets with high volume and forced repetitions you will be able to make faster gains when it comes to strength and size. Be sure to drink plenty of water and definitely warm-up your shoulders before attempting this routine. Now the first set of your Barbell Bench Press and Incline Barbell Bench Press is going to be a “BURN SET”. This means you’re going to bench your max weight for 8 reps, then immediately drop the weight just enough so you can get under the bar and perform 8 more reps and you will repeat this drop three times. By doing this you’re going to really put your muscular endurance to the test while recruiting more muscle fibers for maximum chest stimulation! Are you ready Nation? Let’s see those GAINS! #HTH #SHFAthlete

This routine is designed to give anyone a great workout at the **GYM**.

This Routine Requires:

1. Bench
2. Barbell
3. Dumbbells
4. Medicine Ball

List of Exercises:

- 6 exercises (3 supersets)
- Rest 60 – 90 seconds between sets
- Reps & sets will vary per exercise

Superset 1

1. **Barbell Bench Press** (3 sets: 8 reps)
 - a. Set one will be a BURN SET with 3 total drops
2. **Medicine Ball Diamond Push-Up** (3 sets: 10 reps)

Superset 2

1. **Incline Barbell Bench Press** (3 sets: 8 reps)
 - a. Set one will be a BURN SET with 3 total drops
2. **Wide-Stance Push-Up** (3 sets: 10 reps)

Superset 3

1. **Dip** (3 sets: 15 reps)
2. **Plate Press (Dumbbells)** (3 sets: 15 reps)

NOTE: Timestamps are available for each exercise in the info section of the video when watching on YouTube.

- Rest 60 - 90 seconds between sets.
- You can change the order of the exercises.

Remember, when doing this routine, workout at your OWN intensity.

- This means if you cannot perform as many sets and reps as I do in the video, do as many as you can.
- Complete 3 sets of each superset before moving to the next superset and the workout is finished once you perform the last superset.
- This routine can be done 1 – 2 times a week.

IMPORTANT: Remember that your [MEAL PLAN](#) will determine 100% of your results! Be sure to check out the 8 minute demo for the SHF Meal Plan.

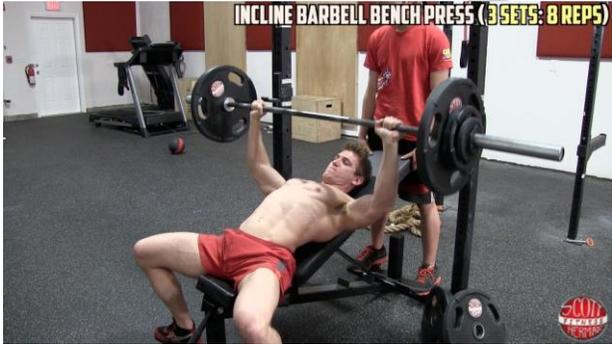
EXERCISE 1



EXERCISE 2



EXERCISE 3



EXERCISE 4



EXERCISE 5



EXERCISE 6

