

Chest + Quad Blasts

Workout 1	Sets	Reps
flat DB press, or flat hammer press	pyramid warm ups then	5 X's 5
incline DB press	1-2 warm ups then	8-10
flat flyes	3	8-10
seated press, any kind	3	10-12
cable crossovers	3	12-15
- <i>Quad Blasts</i> -	3	

Workout 2	Sets	Reps
incline barbell press	pyramid warm ups then	1x4, 1x6, 1x8-10
flat flyes	start heaviest weight	1x6-8, 2x8-10, 1x10-12
seated press, any kind	3	10-12
straight arm flyes (fly machine)	3	15
flat DB press	3	10-12
- <i>Quad Blasts</i> -	3	

Workout 3	Sets	Reps
smith machine low incline press	pyramid warm ups then	5 X's 8
flat flyes	3-4	8-10
incline hammer press	3-4	12-15
SB lying one arm DB press	3	12-15 each side
cable crossovers	3	12-15 reps
- <i>Quad Blasts</i> -	3	

Workout 4	Sets	Reps
seated flyes/ explosive push ups	pyramid warm ups then	5 X's 10-12/ 10-20
incline barbell press	4	8-10
incline hammer press	3	12-15
flat flyes	3	8-10
low incline smith machine press	3	12-15 reps, pumping
cable crossovers	2-3 sets	15 slow reps
- <i>Quad Blasts</i> -	3	

Quad Blast

Speed Squats	X 25
Forward Lunges	X 12 (each leg)
Split Jumps	X 12 (each leg)
Squat Thrusts	X 12+