



PROFESSIONAL'S NAME: Joey Schloeder @ MuscleMind ([msclnmnd.com](http://msclnmnd.com))

**WORKOUT :** SUNDAY:CHEST/TRIS      **DATE:** MONTH 1  
**GOAL:** HYPERTROPHY

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
Jumping Jacks		60 seconds	
Arm Circles		60 seconds	
Close Grip Push ups	3	5 reps	Pre Activation: Slow and controlled

### RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Flat Barbell Bench Press	3	10	2/0/2	60-90 sec	tempo is 2 second concentric/0 hold/2 eccentric
Incline Dumbbell Press	3	10	2/0/2	“	
Cable Chest Flies	3	10	2/1/2	“	
Lying Dumbbell Overhead Pulls	3	10	2/1/2	“	
Push Ups	3	AMRAP	2/1/2	30 sec	As Many Reps As Possible
Decline Bench Skull Crushers	3	10	2/0/2	“	
Tricep Press Downs	3	10	2/0/2	“	
Seated Overhead Extensions	3	10	2/0/2	“	
Chair Dips	3	AMRAP	2/1/2	30 sec	

### COOL-DOWN

Exercise	Sets	Duration	Coaching Tip
Treadmill/walk cool down		5 minutes	
Dynamic Stretching		5 minutes	

Coaching Tips:



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**WORKOUT :** SUNDAY:CHEST/TRIS      **DATE:** MONTH 2  
**GOAL:** HYPERTROPHY

**WARM-UP**

Exercise	Sets	Duration	Coaching Tip
Jumping Jacks		60 seconds	
Arm Circles		60 seconds	
Close Grip Push ups	3	5 reps	Pre Activation: Slow and controlled

**RESISTANCE**

Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Flat Barbell Bench Press	4	9	2/0/2	60-90 sec	tempo is 2 second concentric/0 hold/2 eccentric
Incline Dumbbell Press	4	9	2/0/2	"	
Cable Chest Flies	4	9	2/1/2	"	
Lying Dumbbell Overhead Pulls	4	9	2/1/2	"	
Push Ups	3	AMRAP	2/1/2	30 sec	As Many Reps As Possible
Decline Bench Skull Crushers	4	9	2/0/2	"	
Tricep Press Downs	4	9	2/0/2	"	
Seated Overhead Extensions	4	9	2/0/2	"	
Chair Dips	3	AMRAP	2/1/2	30 sec	

**COOL-DOWN**

Exercise	Sets	Duration	Coaching Tip
Treadmill/walk cool down		5 minutes	
Dynamic Stretching		5 minutes	

Coaching Tips:



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**WORKOUT :** SUNDAY:CHEST/TRIS **DATE:** MONTH 3  
**GOAL:** HYPERTROPHY

**WARM-UP**

Exercise	Sets	Duration	Coaching Tip
Jumping Jacks		60 seconds	
Arm Circles		60 seconds	
Wide Grip Push Ups	3	5 reps	Pre Activation: Slow and controlled

**RESISTANCE**

Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Incline Barbell Press	3	10	2/0/2	60-90 sec	tempo is 2 second concentric/0 hold/2 eccentric
Flat Dumbbell Press	3	10	2/0/2	“	
(Weighted) Dips	3	10	2/0/2	“	
Machine Flies	3	10	2/1/2	“	
Pinch Press	3	AMRAP	2/1/2	30 sec	As Many Reps As Possible
Rope Press Down	3	10	2/0/2	“	
Inverted Skull Crushers	3	10	2/0/2	“	
Single Arm Cable Kickbacks	3	10	2/0/2	“	
Elevated Leg Chair Dips	3	AMRAP	2/1/2	30 sec	

**COOL-DOWN**

Exercise	Sets	Duration	Coaching Tip
Treadmill/walk cool down		5 minutes	
Dynamic Stretching		5 minutes	

Coaching Tips:



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**WORKOUT :** SUNDAY:CHEST/TRIS **DATE:** MONTH 4  
**GOAL:** HYPERTROPHY

**WARM-UP**

Exercise	Sets	Duration	Coaching Tip
Jumping Jacks		60 seconds	
Arm Circles		60 seconds	
Wide Grip Push Ups	3	5 reps	Pre Activation: Slow and controlled

**RESISTANCE**

Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Incline Barbell Press	4	9	2/0/2	60-90 sec	tempo is 2 second concentric/0 hold/2 eccentric
Flat Dumbbell Press	4	9	2/0/2	"	
(Weighted) Dips	4	9	2/0/2	"	
Machine Flies	4	9	2/1/2	"	
Pinch Press	3	AMRAP	2/1/2	30 sec	As Many Reps As Possible
Rope Press Down	4	9	2/0/2	"	
Inverted Skull Crushers	4	9	2/0/2	"	
Single Arm Cable Kickbacks	4	9	2/0/2	"	
Elevated Leg Chair Dips	3	AMRAP	2/1/2	30 sec	

**COOL-DOWN**

Exercise	Sets	Duration	Coaching Tip
Treadmill/walk cool down		5 minutes	
Dynamic Stretching		5 minutes	

Coaching Tips: