

Leroy Colbert's Super Set Chest Blitz

 gymtalk.com/leroy-colbert-super-set-chest-blitz

Group 1

Exercise	Sets	Reps
Bench press	3	8
Straight arm lateral raise	3	8

Group 2

Exercise	Sets	Reps
Parallel bar dip	3	8
Breathing pull-over	3	10

Group 3

Exercise	Sets	Reps
Push-ups between benches	3	10
'Round-the-world' or 'flying' exercise	3	15
