

# ROB MCELHENNEY *CHEST* WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



## ROB MCELHENNEY **CHEST DAY** WORKOUT ROUTINE

SUPERHEROJACKED.COM



Bonus PDF File  
By: Mike Romaine

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## Training Volume:

One Day of Training

(To Be Repeated and Varied w/ Other Training)

## Upgrade This Workout:

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

## Rob McElhenney *Chest* Workout Routine

*This workout is shared by Men's Health, Rob McElhenney and Celeb Coach Arin Babaian!*

## Warm Ups:

Internal External Rotation Warm Up

## Workout:

Bench Press

7×10, 5, 3, then increasing to find close to max

Incline Dumbbell Press

3×8-10

Machine Cable Flys

4×10