

Mike Chang's Actual Chest And Bicep Workout

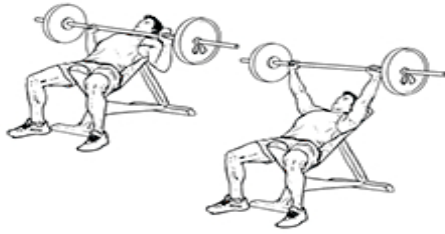
Pushup



Barbell Bench Press



Incline Barbell Bench Press



Dumbbell Bench Press



Barbell Pullover



Standing Cable Crossover / Fly

