

# ANIMAL CHEST WORKOUT WITH MARC FITT



New chest workout for you! In this video, I train with Dan, who has multiple sclerosis! This guy's a true champion who used his mind to overcome the disease. I hope his story will inspire you to become more. Enjoy and give us a like and comment if you enjoyed the video! :)

I hope Dan's story will inspire you.

Don't let fear drive your life — be the commander of your destiny.

1- FLAT DB PRESS - 8 REPS - 3 SETS - 1:30 REST

2- FLAT BENCH PRESS - 5 REPS FROM 0 - 3 SETS - 1:30 REST

3- FLAT DB FLYES - 8 REPS - 3 SETS - 1:30 REST

4- INCLINE DB PRESS - 8 REPS - 3 SETS - 1:30 REST

*SUPERSET*

INCLINE DB FLYES - 10 REPS - 3 SETS - 1:30 REST

Get your personal plan [here](#)