



# CAMBRIDGE CITY FC

## Player Gym Workouts

### Incline Bench Press

Perform 15 reps in your first set, 12 in your second, 10 in your third and eight in your last.

Sets: 4

Reps: 15, 12, 10, 8

Rest: 60 seconds

Lie on a flat bench holding two dumbbells over your chest with an overhand grip. Push up until your arms are straight, then lower under control.



### Cable Pec Fly

cable crossover

Perform 15 reps in your first set, 12 in your second, 10 in your third and eight in your last.

Sets: 4

Reps: 15, 12, 10, 8

Rest: 45 seconds

Attach stirrup handles to the high pulleys of a cable crossover machine. Take one in each hand – your arms should be outstretched with a slight bend at the elbow. Place one foot slightly forward, brace your core, and pull the handles slightly downward and across your body until your hands meet, then return to the start position.



