

**DAY 2: CHEST & ABS**

EXERCISE	WORKING SETS	REPS	STRATEGY
Decline chest press	3	20	Rest-pause
Decline dumbbell flye	3	20	Rest-pause
Machine incline flye	3	20	Rest-pause
Pec deck	3	20	Rest-pause
Hanging leg raise	3	Failure	Rest-pause
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

**NOTES:**

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