



DAY 9: CHEST & ABS

| EXERCISE | SETS | REPS | STRATEGY |
|--------------------------|------|---------------------------|--|
| Flat bench dumbbell flye | 3 | 15 initial 25–27 total | Drop sets (2) 5-6 more reps per drop |
| Decline Smith press | 3 | 15 initial 25–27 total | Drop sets (2) 5-6 more reps per drop |
| Incline cable flye | 3 | 10 initial 20 total | Drop sets (2) 5 more reps per drop |
| Decline machine press | 3 | 10 initial 20 total | Drop sets (2) 5 more reps per drop |
| Lying leg raise | 4 | Failure | Regular set |
| ніт | 1 | 3 | 4 minutes easy/1 minute full intensity for a total of 15 minutes |

NOTES: