



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: