

**DAY 16: CHEST & ABS**

EXERCISE	SETS	REPS	STRATEGY
<b>Giant set #1</b>			
Decline barbell bench press	3	10	Giant set #1
Incline dumbbell flye	3	10	Giant set #1
Plate press	3	10	Giant set #1
<b>Giant set #2</b>			
Smith Machine incline bench press	3	10	Giant set #2
Decline dumbbell flye	3	10	Giant set #2
Weighted push-up	3	10	Giant set #2
Hanging leg raise	5	Failure	Basic
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

**NOTES:**

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