

**DAY 23: CHEST & ABS**

EXERCISE	SETS	REPS	STRATEGY
Incline Smith press	3	10-12 + 5 partial reps	Regular + partial reps
Decline Smith press	3	10 + 5 partial reps	Regular + partial reps
Flat-bench dumbbell flye	3	10 + 5 partial reps	Regular + partial reps
Cable crossover	3	10 + 5 partial reps	Regular + partial reps
Dumbbell push-up	3	10 + 5 partial reps	Regular + partial reps
Exercise ball crunch	5	Failure	Basic
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

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