

DAY 30: CHEST & ABS

EXERCISE	SETS	REPS	STRATEGY
Smith machine floor press	5	25, 20, 15, 10, 5	DTP
Decline dumbbell presses	5	5, 10, 15, 20, 25	DTP
Incline dumbbell flye	5	25, 20, 15, 10, 5	DTP
Incline machine press	5	5, 10, 15, 20, 25	DTP
Weighted sit-up	5	Failure	Regular
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:
