

TRAINING GUIDE WEEK 6

DAY 37: CHEST & ABS

EXERCISE	SETS	REPS	STRATEGY
Decline barbell bench press	5	25, 20, 15, 10, 5	DTP
Hammer Strength chest press	5	5, 10, 15, 20, 25	DTP
Incline dumbbell press	5	25, 20, 15, 10, 5	DTP
Cable crossover	5	5, 10, 15, 20, 25	DTP
Crunches	5	Failure	Regular
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:			