Kris Gethin's 8 WEEK MUSCLE BUILDING TRAINER Presented by KAGED MUSCLE

TRAINING GUIDE

WEEK 7

DAY 44: CHEST & ABS

EXERCISE	SETS	REPS	STRATEGY
SUPERSET 1: Incline dumbbell flye & Decline dumbbell press	4	20, 15, 10, 5	DTP with supersets
SUPERSET 2: Incline dumbbell press & Decline dumbbell flye	4	5, 10, 15, 20	DTP with supersets
Barbell bench press	6	25, 15, 5, 5, 15, 25	DTP
ABS SUPERSET: Weighted sit-up	5	Failure	Regular
Plank	5	Failure	Regular
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES: