

**DAY 51: CHEST & ABS**

EXERCISE	SETS	REPS	STRATEGY
Machine decline chest press	8	20, 15, 10, 5, 5, 10, 15, 20	DTP + DTPXtreme
Incline Smith machine press	8	20, 15, 10, 5, 5, 10, 15, 20	DTP + DTPXtreme
Lying cable flye	8	20, 15, 10, 5, 5, 10, 15, 20	DTP + DTPXtreme
Bicycle	5	Failure	Regular
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

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