DAY 17—CHEST

EXERCISE	SETS/REPS	COMMENT
Cardio	25 Minutes ☐	Steady-state upon waking
Flat Bench Presses	3 Sets - 6 / 6 Reps ☐☐☐	Performed with a drop set and 90 seconds of rest between each full set
Dumbbell Bench Presses	3 Sets - 10-15 Reps ☐☐☐	Rest 90 seconds between sets
Cable Crossover Presses	3 Sets - 10-15 Reps ☐☐☐	Rest 90 seconds between sets
Unilateral Incline Chest Presses	3 Sets - 8-10 Reps ☐☐☐	Rest 90 seconds between sets
Pec Deck Flyes	3 Sets - 12 Reps ☐☐☐	Rest 90 seconds and stretch between sets
Cardio	35 Minutes ☐	Steady-state after training or later in the evening

NOTES: