

DAY 24—CHEST

EXERCISE	SETS/REPS	COMMENT
Cardio	25 + 10 minutes <input type="checkbox"/>	Upon waking perform 25 minutes of steady-state cardio followed immediately by 10 minutes of HIIT for 20 seconds on/40 seconds off
Bear Crawls	3 Sets - 10 /10 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Take 10 steps forward then 10 steps back, and rest 90 seconds between sets
Unilateral Medicine Ball Pushups	3 Sets - Failure <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes between sets
Staggered Pushups	3 Sets - Failure <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes between sets.
Incline Dumbbell Flyes	3 Sets - 15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Perform incline dumbbell flyes followed immediately by decline dumbbell presses using the same weight. Then rest 90 seconds between supersets
Decline Chest Flyes	3 Sets - Failure <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Cardio	25 + 15 minutes <input type="checkbox"/>	Perform 25 minutes of steady-state cardio followed by 15 HIIT cardio sessions of 20 seconds on /40 seconds off

NOTES:
