

# DAY 31—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 60 seconds on/60 seconds off
Incline Dumbbell Flyes	3 Sets - 15-20 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	SUPERSET: Perform all reps for incline dumbbell flyes followed immediately by decline dumbbell presses, and then rest 2 minutes between supersets
Decline Dumbbell Presses	3 Sets - 10 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Decline Dumbbell Flyes	3 Sets - 10 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	SUPERSET: Perform all reps for decline dumbbell flyes followed immediately by incline dumbbell presses, and then rest 2 minutes between supersets
Incline Dumbbell Presses	3 Sets - 10 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Kneeling Cable Flyes	3 Sets - 20/20/10 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes between sets
Incline Dumbbell Presses	3 Sets - Failure <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes between sets
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:

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