

# DAY 59—CHEST

EXERCISE	SETS/REPS	COMMENT
Cardio	60 Minutes	If the weather permits, do your one of your cardio sessions outside to break up the monotony.
Cable Crossovers	3 Sets - 15 Reps	Circuit: Cable Crossovers, Incline Flyes, Single Arm Kettlebell Swings, (Regular) Kettlebell Swings
Incline Flyes	3 Sets - 15 Reps	
Single Arm Kettlebell Swings	3 Sets - 30 Seconds	
(Regular) Kettlebell Swings	3 Sets - 30 Seconds	
Decline Flyes	3 Sets - 10-15 Reps	Circuit: Decline Flyes, Push Ups, Skaters
Push Ups	3 Sets - 10-15 Reps	
Skaters	3 Sets - 1 Minute	
Dead Stop Bench Press	3 Sets - 10-15 Reps	
Cardio	60 Minutes	

## NOTES:

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