

DAY 73—DTP CHEST

EXERCISE	SETS/REPS	COMMENT
Cardio	60 Minutes	Remember to separate the two cardio sessions by seven hours minimum.
Flat Dumbbell Presses	5 Sets - 50/40/30/20/10 Reps	
Flat Dumbbell Flyes	5 Sets - 10/20/30/40/50 Reps	
Cardio	60 Minutes	

NOTES:
