DAY 78—DTP CHEST, BACK & ABS

EXERCISE	SETS/REPS	COMMENT
Cardio	60 Minutes	
Flat Dumbbell Presses	5 Sets - 30/25/20/15/10 Reps	Superset 1: Flat Dumbbell Presses, Bent Over Dumbbell Rows
Bent Over Dumbbell Rows	5 Sets - 30/25/20/15/10 Reps	
Incline Dumbbell Presses	5 Sets - 30/25/20/15/10 Reps	Superset 2: Incline Dumbbell Presses, Dumbbell Deadlifts
Dumbbell Deadlifts	5 Sets - 30/25/20/15/10 Reps	
Sit-Ups	3 Sets - 9 Reps	Superset 3: Sit-Ups, Lying Leg Raises
Lying Leg Raises	3 Sets - 20 Reps	
Cardio	60 Minutes	

NOTES: