

Kris Gettins
**4WEEKS2
SHRED**
#4WEEKS2SHRED

Day 3: Active Rest Day

| Exercise | Sets | Reps | Notes |
|------------------|-------------|-------------|--------------|
| AM Cardio | 1 | 40 mins | |
| Twists | 1 | 300 | |
| PM Cardio | 1 | 40 mins | |