

*Kris Gettins*

# 4WEEKS2 SHRED

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## Day 5: Chest & Calves

Exercise	Sets	Reps	Notes
Machine Decline Chest Presses	1	10	
	1	10/20	
	1	10/20/30	
Machine Incline Chest Presses	1	10	
	1	10/20	
	1	10/20/30	
Machine Crossovers	1	10	
	1	10/20	
	1	10/20/30	
Standing Calf Raises	1	10	
	1	10/20	
	1	10/20/30	
<b>AM Cardio</b>	1	30 mins	
Twists	1	300	
<b>PM Cardio</b>	1	30 mins	
Decline Sit-Ups	5	Failure	