

*Kris Gettins*

# 4WEEKS2 SHRED

#4WEEKS2SHRED

## Day 12: Chest & Calves Workout

Exercise	Sets	Reps	Notes
Machine Incline Chest Presses	1	10	
	1	10	
	1	10/20	
	1	10/20/10	
Machine Flat Bench Presses		10	
	1	10	
	1	10/20	
	1	10/20/10	
Cable Crossovers	1	10	
	1	10	
	1	10/20	
	1	10/20/10	
Lying Calf Raises	1	10	
	1	10	
	1	10/20	
	1	10/20/10	
<b>AM Cardio</b>	1	40 mins	
Twists	1	300	
<b>PM Cardio</b>	1	40 mins	
Crunches	5	Failure	