

Kris Gettins

4WEEKS2 SHRED

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Day 19: Chest & Calf Workout

Exercise	Sets	Reps	Notes
Pec Deck Flyes	1	10	
	1	10/10	
	1	10/20/10	
Decline Dumbbell Flyes	1	10	
	1	10/10	
	1	10/20/10	
Incline Cable Flyes	1	10	
	1	10/10	
	1	10/20/10	
Standing Calf Raises	1	10	
	1	10/10	
	1	10/20/10	
AM Cardio	1	45 mins	
Twists	1	300	
PM Cardio	1	45 mins	
Exercise Ball Crunches	4	Failure	