

## Day 30: Chest, Abs

### DUMBBELL BENCH PRESS (WARM-UP SETS)

Use light weight and stop each set short of failure.



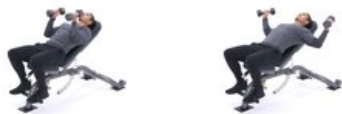
#### Flat Dumbbell Press

2 sets, 10 reps (rest 1 min.)



#### Flat Dumbbell Press

10 sets, 10 reps (rest 1 min.)



#### Incline Dumbbell Fly

5 sets, 10 reps (rest 1 min.)



#### Decline dumbbell bench press

5 sets, 10 reps (rest 1 min.)



#### Press Sit-Up

10 sets, 10 reps (rest 1 min.)



#### Stationary bike

1 set, 15 min. Alternate 3 min. of easy peddling with 1 min. of harder peddling, or perform other cardio of your choice.

1 set, 15 mins