Workout of the Week | Chest and abs

Workout Log

**Date:**

**Workout Duration:**

**My Stats**

Name:

Age:

Weight:

Bf%:

Warm Up:

* 5 minutes cycling/walking on an incline to warm up.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Exercise [CHEST] | Sets | Reps | Weight | Time | Rest period |
| Incline barbell chest press | 1234 | 121086 |  |  |  |
| Flat (bench) cable chest press (using the cable machine) | 12345 | 15121086 |  |  |  |
| **SUPERSET:** |
| Flat (bench) dumbbell flyes | 1234 | 20151210 |  |  |  |
| Flat dumbbell chest press | 1234 | 12121010 |  |  |  |
|  |
| Decline barbell bench press | 1234 | 1210108 |  |  |  |
| Standing cable crossovers | 12 | 2015 |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Exercise [ABS] | Sets | Reps | Weight | Time | Rest period |
| **SUPERSET:** |
| Hanging leg raises | 12341234 | 2520151025201510 |  |  |  |
| Decline bench sit ups with weight |  |  |  |
|  |
| Incline bench lying leg raises with hip thrust | 1234 | 12121010 |  |  |  |
| **SUPERSET:** |
| Crunches (Extending and straightening legs after each rep) | 12341234 | 2020151525252020 |  |  |  |
| Bicycle kicks |  |  |  |

Stretching:

* Stretch the chest out on each side.