[](http://www.fitnish.com)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 | 1  2  3  4 | 12  10  8  6 |  |  |  |
| Flat (bench) cable chest press (using the cable machine) | 1  2  3  4  5 | 15  12  10  8  6 |  |  |  |
| **SUPERSET:** | | | | | |
| Flat (bench) dumbbell flyes | 1  2  3  4 | 20  15  12  10 |  |  |  |
| Flat dumbbell chest press | 1  2  3  4 | 12  12  10  10 |  |  |  |
|  | | | | | |
| Decline barbell bench press | 1  2  3  4 | 12  10  10  8 |  |  |  |
| Standing cable crossovers | 1  2 | 20  15 |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Exercise [ABS] | Sets | Reps | Weight | Time | Rest period |
| **SUPERSET:** | | | | | |
| Hanging leg raises | 1  2  3  4  1  2  3  4 | 25  20  15  10  25  20  15  10 |  |  |  |
| Decline bench sit ups with weight |  |  |  |
|  | | | | | |
| Incline bench lying leg raises with hip thrust | 1  2  3  4 | 12  12  10  10 |  |  |  |
| **SUPERSET:** | | | | | |
| Crunches  (Extending and straightening legs after each rep) | 1  2  3  4  1  2  3  4 | 20  20  15  15  25  25  20  20 |  |  |  |
| Bicycle kicks |  |  |  |

Stretching:

* Stretch the chest out on each side.