

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 | 12 | | | |
| | 2 | 10 | | | |
| | 3 | 8 | | | |
| | 4 | 6 | | | |
| Flat (bench) cable chest press (using the cable machine) | 1 | 15 | | | |
| | 2 | 12 | | | |
| | 3 | 10 | | | |
| | 4 | 8 | | | |
| | 5 | 6 | | | |
| SUPERSET: | | | | | |
| Flat (bench) dumbbell flyes | 1 | 20 | | | |
| | 2 | 15 | | | |
| | 3 | 12 | | | |
| | 4 | 10 | | | |
| Flat dumbbell chest press | 1 | 12 | | | |
| | 2 | 12 | | | |
| | 3 | 10 | | | |
| | 4 | 10 | | | |
| Decline barbell bench press | 1 | 12 | | | |
| | 2 | 10 | | | |
| | 3 | 10 | | | |
| | 4 | 8 | | | |
| Standing cable crossovers | 1 | 20 | | | |
| | 2 | 15 | | | |

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

Stretching:

- Stretch the chest out on each side.