

Free Chest and ABs

Workout

Exercise	Sets	Reps
Incline Dumbbell Chest Press	3	15
Cable Chest Fly	4	15
Kettlebell Close Grip Push-Up	4	15
Exercise Ball Dumbbell Chest Press	3	15
Machine Incline Chest Press	4	15
Single Arm Wide Push-up, Ball assist	3	10/arm
Weighted Standing Ab Twist	4	20/side
Weighted Ab Crunches, Ball Assist	4	20
Weighted Ab V-sit ups	4	20

Cardio: 30 minutes