

5 Weeks To Get Fit Challenge Day 8: CHEST/ABS

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|--------------------------|-------------------|
| 1) Incline Chest Press: | 4 Sets of 10 Reps |
| 2) Incline Dumbbell Fly: | 6 Sets of 10 Reps |
| 3) Smith Machine Press: | 4 Sets of 10 Reps |
| 4) Cable Crossover: | 7 Sets of 10 Reps |
| 5) Cable Reverse Crunch: | 6 Sets of 10 Reps |
| 6) Oblique Crunch: | 6 Sets of 10 Reps |