



CHEST & ABS 30 MIN WORKOUT

	<u>EXERCISE</u>	<u>REPS</u>	<u>SETS</u>	<u>REST TIME</u>
1	BENCH PRESS – 5 push ups after each set	10	4	75 (seconds between sets)
2	PLANK WITH SIDE PLANK 45 seconds plank 30 seconds ES (each side plank)	-	3	75 secs
3	INCLINE CHEST PRESS – slow & controlled movements up & down	12	4	90 secs
4	RUSSIAN TWIST WITH MED BALL OR DB 30 seconds- focus on getting a touch with the ball/DB each side to the ground	-	3	60 secs
5	CHEST FLY – DB OR CABLE	10	4	60 secs
6	SWISS BALL SIT UPS – if there is no swiss ball do normal sit ups	AMRAP- as many reps as possible	3	75 secs