

CHEST, TRIS, ABS

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Exercise	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Dumbbell Press*								
Incline Dumbbell Press								
Dips								
Ab Ups*								
Cable Flys*								
Overhead Tricep Extension								
Tricep Pulldowns								
Decline Situps								
Ab Roller								
Decline Trunk Twists								
Hanging Scissor Kicks								

Sets X 4

* *Make sure feet are up*

* *Hold Dumbbells stationary and bring feet up to you*

* *Cable Flys can be done from both a high and medium set*

All Exercises should be performed at 4 X 10-15

It is not necessary to use max weight with these workouts

