

SIXPACK SHORTCUTS

Phase 4 Day 1

This routine focuses on the chest, arms, and abs. With the Flat Dumbbell Presses you want to go pretty heavy in weight. About 85% of your max! Make sure you get full range of motion with your dumbbell fly's so you get a great shape to the pec! As always keep your rest times low and Train Hard!

Warm Up with: Jumping Jacks

- 15-20 seconds
- 1 set

Flat Dumbbell Press *During rest period: Lying Toe Touch*

- 8 reps/ 20 seconds
- 4 sets
- rest time 60 seconds

Flat Dumbbell Fly *During rest period: Lying Toe Touch*

- 8 reps/ 20 seconds
- 3 sets
- rest time 60 seconds

Standing Barbell Curls

- 8 reps
- 4 sets
- rest time 60 seconds

Preacher Curls

- 8 reps
- 3 sets
- rest time 60 seconds

Burpees

- 20 seconds
- 8 sets
- rest time 20 seconds