

TRAINING PROGRAM: WEEK 6

DAY 38: DELTS

Exercise	Sets	Reps	Comment
Morning cardio	1	1	Perform 55 minutes before consuming food
Hammer Strength shoulder presses	6	12	
Smith machine upright rows	4	12	
Single-arm dumbbell lateral raises	3	10-12	
Dumbbell lateral raises	2	10	
Machine face pulls	2	20	
Reverse pec deck flyes	2	20	
Cable front raises	3	12	Use V-bar attachment
Post-workout cardio	1	1	Perform 40 minutes immediately after weight-training or add this session later in the evening

NOTES:
