

DAY 5: SHOULDERS & ABS

EXERCISE	SETS	REPS	STRATEGY
Rear delt raise	3	20	Rest-pause
Rear delt barbell row	3	20	Rest-pause
Standing unilateral dumbbell press	3	20	Rest-pause
Front raise	3	20	Rest-pause
Lateral raise	3	21	Rest-pause
Incline sit-up	3	Failure	Rest-pause
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:
