

DAY 12: SHOULDERS & ABS

EXERCISE	SETS	REPS	STRATEGY
Cable rear delt flye	3	15 initial 35 total	Drop sets (2) 10 more reps per drop
Bent-over rear delt flye	3	15 initial 35 total	Drop sets (2) 10 more reps per drop
Standing shoulder press	3	15 initial 35 total	Drop sets (2) 10 more reps per drop
Bus drivers	3	15 initial 35 total	Drop sets (2) 10 more reps per drop
Shrugs	3	20 initial 50 total	Drop sets (2) 15 more reps per drop
Weighted sit-up	4	Failure + 2 sets with lower weights	Drop sets (2)
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:
