

DAY 19: SHOULDERS & ABS

EXERCISE	SETS	REPS	STRATEGY
Giant set #1			
Behind-the-neck barbell press	3	10	Giant set #1
Dumbbell lateral raise	3	10	Giant set #1
Bent-over rear delt flye	3	10	Giant set #1
Giant set #2			
Machine shoulder press	3	10	Giant set #2
Single dumbbell front raise	3	10	Giant set #2
Side plate raise	3	15	Giant set #2
Decline cable sit-up	5	To failure	Basic
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:
