

DAY 26: SHOULDERS & ABS

EXERCISE	SETS	REPS	STRATEGY
Dumbbell lateral raise	3	10 + 5 partial reps	Regular + partial reps
Alternating front raise	3	10 + 5 partial reps	Regular + partial reps
Arnold press	3	10 + 5 partial reps	Regular + partial reps
Reverse machine flye	3	10 + 5 partial reps	Regular + partial reps
Dumbbell side-to-front raise	3	10 + 5 partial reps	Regular + partial reps
Lying leg raise	5	10 + 5 partial reps	Regular + partial reps
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:
