

DAY 33: SHOULDERS & ABS

EXERCISE	SETS	REPS	STRATEGY
Machine shoulder press	5	35, 30, 25, 20, 15	DTP
Dumbbell lateral raise	5	15, 20, 25, 30, 35	DTP
Front raise	5	35, 30, 25, 20, 15	DTP
Bent-over rear delt raise	5	15, 20, 25, 30, 35	DTP
Roman chair leg raise	5	Failure	Regular
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:
