

DAY 40: SHOULDERS & ABS

EXERCISE	SETS	REPS	STRATEGY
Cable rear delt flye	5	30, 25, 20, 15, 10	DTP
Cable bilateral raise	5	10, 15, 20, 25, 30	DTP
Incline front plate raise	5	30, 25, 20, 15, 10	DTP
Barbell shrug	5	10, 15, 20, 25, 30	DTP
Incline leg raise	5	Failure	Regular
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:
