

DAY 47: SHOULDERS & ABS

EXERCISE	SETS	REPS	STRATEGY
SUPERSET 1: Standing dumbbell press & Dumbbell lateral raise	4	25, 20, 15, 10	DTP with supersets
SUPERSET 2: Face pull & Cable front raise	4	10, 15, 20, 25	DTP with supersets
Shrugs	6	30, 20, 10, 10, 20, 30	DTP
Barbell ab rollout	6	Failure	Regular
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:
