

DAY 54: SHOULDERS & ABS

EXERCISE	SETS	REPS	STRATEGY
Dumbbell lying rear lateral raise	8	20, 15, 10, 5, 5, 10, 15, 20	DTP + DTPXtreme
Dumbbell lateral raise	8	20, 15, 10, 5, 5, 10, 15, 20	DTP + DTPXtreme
Dumbbell shrug	8	20, 15, 10, 5, 5, 10, 15, 20	DTP + DTPXtreme
V-ups	5	Failure	Regular
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:
