

Day 53: Shoulders

DTP SUPERSET (WARM-UP SETS)

Perform the exercises in order, using light weight and stopping each set short of failure.



Seated dumbbell shoulder press

2 sets, 10 reps (no rest)



Cable straight-bar upright row

2 sets, 10 reps (rest 1 min.)

DTP SUPERSET

Perform the exercises in order with no rest between exercises and 1 min. of rest between sets.



Seated dumbbell shoulder press

6 sets, 30, 25, 20, 15, 10, 5 reps (no rest)



Cable straight-bar upright row

6 sets, 30, 25, 20, 15, 10, 5 reps (rest 1 min.)

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.

**Seated cable shoulder press**

1 set, 5 reps (rest 5 sec.)
 1 set, 10 reps (rest 10 sec.)
 1 set, 15 reps (rest 15 sec.)
 1 set, 20 reps (rest 20 sec.)
 1 set, 25 reps (rest 25 sec.)
 1 set, 30 reps (rest 30 sec.)

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.

**Front Cable Raise**

Perform facing forward seated on an incline bench from a low anchor. See video for details.

1 set, 5 reps (rest 5 sec.)
 1 set, 10 reps (rest 10 sec.)
 1 set, 15 reps (rest 15 sec.)
 1 set, 20 reps (rest 20 sec.)
 1 set, 25 reps (rest 25 sec.)
 1 set, 30 reps (rest 30 sec.)

DTP SUPERSET

Perform the exercises in order with no rest between exercises and 1 min. of rest between sets.

**Dumbbell Lateral Raise**

6 sets, 30, 25, 20, 15, 10, 5 reps (no rest)

**Standing crossed-cable rear delt fly**

6 sets, 30, 25, 20, 15, 10, 5 reps (rest 1 min.)

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.



Dumbbell Lateral Raise

1 set, 10 reps (rest 10 sec.)

1 set, 20 reps (rest 20 sec.)

1 set, 30 reps (rest 30 sec.)

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.



Standing crossed-cable rear delt fly

1 set, 10 reps (rest 10 sec.)

1 set, 20 reps (rest 20 sec.)

1 set, 30 reps (rest 30 sec.)



Stationary bike

1 set, 15 min. Alternate 3 min. of easy peddling with 1 min. of hard peddling, or perform other cardio of your choice.

1 set, 15 mins