

## Day 75: Shoulders, Abs, Calves

### BARBELL UPRIGHT ROW (WARM-UP SETS)

Use light weight and stop each set short of failure.



Barbell upright row

Use a wider than shoulder-width grip.

2 sets, 10 reps (rest 1 min. )

### DTP TRISET

Perform the exercises in order with no rest between exercises and 2 min. of rest between sets.



Barbell upright row

Use a wider than shoulder-width grip.

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



Military press

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



Dumbbell front raise to lateral raise

5 sets, 30, 25, 20, 15, 10 reps (rest 2 min. )

## DTP TRISET

Perform the exercises in order with no rest between exercises and 2 min. of rest between sets.



### Dumbbell front raise to lateral raise

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



### Military press

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



### Barbell upright row

5 sets, 10, 15, 20, 25, 30 reps (rest 2 min. )

## DTP SUPERSET

Perform the exercises in order with no rest between exercises and 2 min. of rest between sets.



### Seated Calf Raise

6 sets, 30, 20, 10, 10, 20, 30 reps (no rest)



### Knees tucked crunch

6 sets, to failure (to failure, rest 2 min. )



### Elliptical trainer

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

1 set, 15 mins