

## Day 3: Shoulders, Abs

### CUBAN PRESS (WARM-UP SETS)

Use light weight and stop each set short of failure.



#### Cuban press

2 sets, 10 reps (rest 1 min.)



#### Cuban press

4 sets, 8-12 reps (rest 90 sec.)



#### Dumbbell Lateral Raise

3 sets, 8-12 reps (rest 1 min.)



#### Overhead bar front raise

3 sets, 8-12 reps (rest 1 min.)



#### Rear Delt Fly

4 sets, 8-12 reps (rest 1 min.)



#### Decline bar press sit-up

4 sets, 8-12 reps (rest 1 min.)



### Barbell roll-out

3 sets, 8-12 reps (rest 1 min.)



### 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