

Day 10: Shoulders, Abs

SEATED DUMBBELL SHOULDER PRESS (WARM-UP SETS)

Use light weight and stop each set short of failure.



Seated dumbbell shoulder press

2 sets, 10 reps (rest 1 min.)



Seated dumbbell shoulder press

4 sets, 18-20 reps (rest 90 sec.)



Seated Dumbbell Side Raise

4 sets, 18-20 reps (rest 1 min.)



Incline dumbbell reverse fly

Perform the first 10 reps with the palms facing down, and the remainder with the palms facing inward. See video for details.

4 sets, 18-20 reps (rest 1 min.)



Incline dumbbell front raise

Perform facing up on an incline bench. See video for details.

3 sets, 18-20 reps (rest 1 min.)



Standing dumbbell shrug

Perform seated. See video for details.

4 sets, 18-20 reps (rest 1 min.)



Lying Leg Raise

6 sets, 18-20 reps (rest 45 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