

## Day 46: Shoulders

### DTP SUPERSET (WARM-UP SETS)

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



Smith machine shoulder press

2 sets, 10 reps (no rest)



Cable Side Raise

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.



Smith machine shoulder press

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



Cable Side Raise

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.

**Smith machine shoulder press**

Hold the bar with a reverse (palms facing in) grip. 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 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, 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.

**Barbell shrug**

- 3 sets, 30, 20, 10 reps (no rest)

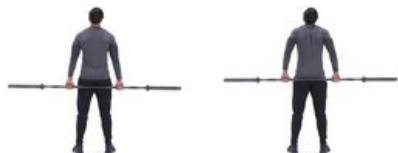
**Barbell upright row**

Use a wider than shoulder-width grip.

- 3 sets, 30, 20, 10 reps (rest 1 min.)

## DTP EXTREME SET

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



### Barbell behind-the-back shrug

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.



### Barbell upright row

1 set, 10 reps (rest 10 sec.)

1 set, 20 reps (rest 20 sec.)

1 set, 30 reps (rest 30 sec.)



### Treadmill jogging

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

1 set, 15 mins