

## Day 81: Shoulders, Abs

### SUPERSET (WARM-UP SETS)

Perform all of the reps on one side before switching to the other side. Use light weights and stop each set short of failure.



Single-arm standing shoulder press

2 sets, 10 reps (left side, no rest)



Single-arm standing shoulder press

2 sets, 10 reps (right side, no rest)



Single-arm lateral raise

2 sets, 10 reps (left side, no rest)



Single-arm lateral raise

2 sets, 10 reps (right side, rest 1 min. )

## DTP SUPERSET

Perform the exercises in order with no rest between exercises or sets.



### Single-arm standing shoulder press

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



### Single-arm standing shoulder press

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



### Single-arm lateral raise

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



### Single-arm lateral raise

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

## DTP SUPERSET

Perform the exercises in order with no rest between exercises or sets.



### Single-arm bent-over cable rear delt fly

3 sets, 30, 20, 10 reps (left side, no rest)



### Single-arm bent-over cable rear delt fly

3 sets, 30, 20, 10 reps (right side, no rest)



### Cable reverse crunch

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

## DTP SUPERSET

Perform the exercises in order with no rest between exercises or sets.



Single-arm bent-over cable rear delt fly

3 sets, 10, 20, 30 reps (left side, no rest)



Single-arm bent-over cable rear delt fly

3 sets, 10, 20, 30 reps (right side, no rest)



Sit-up

3 sets, to failure (no rest)



Rower

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

1 set, 15 mins