

Day 32: Shoulders

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.)

PAIRED SET

Perform the exercises in order with 1 min. of rest between exercises and sets.



Seated dumbbell shoulder press

5 sets, 10 reps (rest 1 min.)



Arnold press

5 sets, 10 reps (rest 1 min.)



Dumbbell Lateral Raise

5 sets, 15 reps (rest 1 min.)



Smith machine upright row

Use a wider than shoulder-width grip.

5 sets, 15 reps (rest 1 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