

Day 17: 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.)

TRISSET

Perform the exercises in order with no rest between exercises and 2 min. of rest between sets.



Seated dumbbell shoulder press

3 sets, 20-25 reps (no rest)



Seated Dumbbell Side Raise

3 sets, 20-25 reps (no rest)



Incline dumbbell front raise

Perform face-up on an incline bench. See video for details.

3 sets, 20-25 reps (rest 2 min.)

SUPERSET

Perform the exercises in order with no rest between exercises and 1 min. of rest between sets.



Rear Delt Fly

4 sets, 20-25 reps (no rest)



Dumbbell front raise to lateral raise

4 sets, 20-25 reps (rest 1 min.)



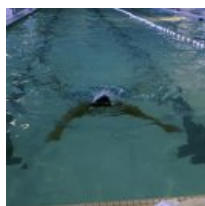
Standing dumbbell shrug

3 sets, 20-25 reps (rest 1 min.)



Weighted Sit-Up

3 sets, 20-25 reps (rest 1 min.)



Swimming

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

1 set, 15 mins