

## Day 60: Shoulders, Abs

### DTP SUPERSET (WARM-UP SETS)

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



#### Dumbbell Lateral Raise

2 sets, 10 reps (no rest)



#### Front Plate Raises

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.



#### Dumbbell Lateral Raise

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



#### Front Plate Raises

5 sets, 30, 25, 20, 15, 10 reps (rest 1 min.)

## DTP SUPERSET

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



Standing dumbbell shoulder press

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



Incline dumbbell front raise

5 sets, 10, 15, 20, 25, 30 reps (rest 1 min.)

## DTP SUPERSET

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



Rear Delt Fly

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



Decline bar press sit-up

5 sets, 30, 25, 20, 15, 10 reps (rest 1 min.)

## DTP SUPERSET

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



### Reverse Pec-Deck

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



### Lying Leg Raise

Lift legs to one side, then bring them across to the other side before lowering to engage the obliques. See video for details.

5 sets, to failure (to failure, 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