

Day 24: Shoulders, Abs

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.)



Seated dumbbell shoulder press

4 sets, 8-10 reps (rest 90 sec.)



Seated Dumbbell Side Raise

3 sets, 8-10 reps (rest 1 min.)



Incline face-down bar front raise

3 sets, 8-10 reps (rest 1 min.)



Reverse Pec-Deck

3 sets, 8-10 reps (rest 1 min.)



Smith machine shoulder press

Either stretch or flex your shoulders during your rest periods.

7 sets, 8-10 reps (rest 1 min.)



Barbell roll-out

3 sets, to failure (to failure, rest 90 sec.)



Elbow-to-knee crunch

Either stretch or flex your abs during your rest periods.

7 sets, 16-20 reps (alternating, 8-10 reps per side, rest 1 min.)



Stationary bike

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

1 set, 15 mins