

Day 68: Shoulders

SMITH MACHINE SHOULDER PRESS (WARM-UP SETS)

Use light weight and stop each set short of failure.



Smith machine shoulder press

2 sets, 10 reps (rest 1 min.)



Smith machine shoulder press

6 sets, 30, 25, 20, 15, 10, 5 reps (rest 90 sec.)

DTP DROPSET

Perform all 6 sets without rest, lightening the weight with each set like a continuous dropset.



Smith Machine Overhead Press

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



Incline dumbbell reverse fly

Keep your palms facing backward on all reps.

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

DTP DROPSET

Perform all 6 sets without rest, lightening the weight with each set like a continuous dropset.



Incline dumbbell reverse fly

Keep your palms facing inward on all reps.

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



Dumbbell Lateral Raise

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

DTP DROPSET

Perform all 6 sets without rest, lightening the weight with each set like a continuous dropset.



Seated Dumbbell Side Raise

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



Barbell shrug

3 sets, 25, 15, 5 reps (rest 1 min.)

DTP DROPSET

Perform all 3 sets without rest, lightening the weight with each set like a continuous dropset.



Barbell shrug

3 sets, 5, 15, 25 reps (no rest)



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