

# Pro / workout

## Day 5 / Friday

notes :

start with light weights first then add more weights in the next reps

rest time between sets 1 minutes

rest time between exercises 2 minutes

|   |  |                                      |
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| <a href="https://youtu.be/n1jib68YOy4">https://youtu.be/n1jib68YOy4</a> | 5 minutes                                  | warm up                              |
| <a href="https://youtu.be/zh9jYIKL5r4">https://youtu.be/zh9jYIKL5r4</a> | 30 minute                                  | Stretch                              |
| <a href="https://youtu.be/YoYn25_JZIU">https://youtu.be/YoYn25_JZIU</a> | Sets 5<br>reps 15-12-10-8-6<br><br>weight  | Shoulder<br><br>DM Shoulder<br>press |
| <a href="https://youtu.be/sPfQZYm4sT0">https://youtu.be/sPfQZYm4sT0</a> | Sets 5<br>reps 15-12-10-10-8<br><br>weight | Shoulder<br><br>Lateral Raise        |
| <a href="https://youtu.be/09TBLyPPe_c">https://youtu.be/09TBLyPPe_c</a> | Sets 3<br>reps 12-10-10<br><br>weight      | Shoulder<br><br>Bar front raise      |
| <a href="https://youtu.be/R-13xZIZzhc">https://youtu.be/R-13xZIZzhc</a> | Sets 3<br>reps 10-10-8<br><br>weight       | Shoulder<br><br>Upright row          |

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| <a href="https://youtu.be/lfhUGwOe6us">https://youtu.be/lfhUGwOe6us</a> | Sets 3<br>reps 10-10-10<br><br>weight | <b>Shoulder</b><br><br>Dm seated bent over rear delt row |
| <a href="https://youtu.be/M0YfBYNffd0">https://youtu.be/M0YfBYNffd0</a> | Sets 3<br>reps 10-10-10<br><br>weight | <b>Shoulder</b><br>Dm rear delt fly                      |
| <a href="https://youtu.be/QFVr8CGIF3c">https://youtu.be/QFVr8CGIF3c</a> | Sets 3<br>reps 15-12-10<br><br>weight | <b>Shoulder</b><br>Shrugs                                |
| <a href="https://youtu.be/j4A-aSdhJT8">https://youtu.be/j4A-aSdhJT8</a> | 40 minutes                            | <b>Cardio</b><br>Walking<br>5,5 km/h speed               |