

# DAY 4—SHOULDERS AND CALVES

EXERCISE	SETS/REPS	COMMENT
Cardio	15 Minutes <input type="checkbox"/>	Steady-state upon waking
Seated Lateral Raises	3 Sets - 15 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 90 seconds and stretch between sets
Rear-Delt Pec-Deck Flyes	3 Sets - 15 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 90 seconds and stretch between sets
Dumbbell Shoulder Presses	3 Sets - 15 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 90 seconds and stretch between sets
Incline Rear-Delt Dumbbell Raises	3 Sets - 15 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 90 seconds and stretch between sets
Machine Shoulder Presses	3 Sets - 15 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 90 seconds and stretch between sets
Seated Calves Raises	4 Sets - 30 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 1 minute and stretch between sets

## NOTES:

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