

DAY 46—SHOULDERS AND ABS

EXERCISE	SETS/REPS	COMMENT
Cardio	40 + 10 minutes	Perform 40 minutes of steady-state cardio followed immediately by 10 minutes of HIIT cardio with 30 seconds on/30 seconds off intervals
Standing Front Raise/Side Raise Combo	3 Sets - 10/10/10+5 Reps	SUPERSET: Perform a set of the standing front raise/side raise combo followed immediately by dumbbell lateral raises. Rest 2 minutes between supersets, and include 5 negatives for both moves
Dumbbell Lateral Raises	3 Sets - 10/10/10+5 Reps	
Dumbbell Rear-Delts Raises	3 Sets - 10+10 Reps	Perform 10 reps on an incline bench and then stand and complete 10 more reps. Rest 2 minutes between sets
Plate Front Raises	3 Sets - 10+10 Reps	Perform 10 reps seated and then stand and complete 10 more reps. Rest 2 minutes between sets
Seated Barbell Presses	3 Sets - 10-12 Reps	Rest 2 minutes between sets
Banded Standing Shoulder Presses	3 Sets - 15 Reps	Rest 1 minute between sets
Sit-Ups Variations	4 Sets - 15 Reps	You'll perform about 4 abs moves for 15 reps each. These include hands overhead to legs, alternating leg paddles, overhead bar sit-ups and finish up with plank to failure
Cardio	40 + 10 Minutes	Perform 40 minutes of steady-state cardio followed immediately by 10 minutes of HIIT cardio with 30 seconds on/30 seconds off intervals