

DAY 67—DTP SHOULDERS & ABS

EXERCISE	SETS/REPS	COMMENT
Cardio	60 Minutes	
Seated Barbell Military Press	5 Sets - 50/40/30/20/10 Reps	Start with 50 reps for your 1st set and finish with 10 reps on your 5th set
Cable Upright Row	5 Sets - 10/20/30/40/50 Reps	
Oblique Twist with Medicine Ball	1 Sets - 30 Reps	Superset: Oblique Twist with Medicine Ball, Sit-Ups
Sit-Ups	1 Sets - Failure	
Knee Tucks on Ball	1 Sets - Failure	Superset: Knee Tucks on Medicine Ball, Plank on Medicine Ball
Plank on Ball	1 Sets - Failure	
Cardio	60 Minutes	

NOTES:
