

DAY 81—DTP SHOULDERS

| EXERCISE | SETS/REPS | COMMENT |
|--------------------------------|------------------------------|--|
| Cardio | 60 Minutes | |
| Seated Dumbbell Shoulder Press | 5 Sets - 30/25/20/15/10 Reps | Superset 1: Seated Dumbbell Shoulder Press, Rear Dumbbell Raises |
| Rear Dumbbell Raises | 5 Sets - 30/25/20/15/10 Reps | |
| Sit-Up Variation | 3 Sets - Failure | Make sure you watch the video to see how I have Kai and Danielle perform these sit-ups |
| Cardio | 60 Minutes | |

NOTES:
