

Day 9: Shoulders & Triceps Workout

Exercise	Sets	Reps	Notes
Chest-Support Rear Delt Raises	1	10	
	1	10	
	1	10/20	
	1	10/20/10	
Machine Incline Shoulder Presses	1	10	
	1	10	
	1	10/20	
	1	10/20/10	
Dumbbell Lateral Raises	1	10	
	1	10	
	1	10/20	
	1	10/20/10	
Upright Rows	1	10	
	1	10	
	1	10/20	
	1	10/20/10	
Triceps Pressdowns	1	10	
	1	10	
	1	10/20	
	1	10/20/10	
Reverse-Grip Triceps Pushdowns	1	10	
	1	10	
	1	10/20	
	1	10/20/10	

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Exercise	Sets	Reps	Notes
Cable Lying Triceps Extensions	1	10	
	1	10	
	1	10/20	
	1	10/20/10	
AM Cardio	1	40 mins	
Twists	1	300	
PM Cardio	1	40 mins	