

## **10 WEEKS TO FITNESS-DAY 63: SHOULDERS**

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|----------------------------|-------------------------------|
| 1) Shoulder Press:         | 3 Sets of 30, 20, 10 Reps/Arm |
| 2) Side Lat Raise:         | 3 Sets of 30, 20, 10 Reps/Arm |
| 3) Bent Over Cable Raise:  | 3 Sets of 30, 20, 10 Reps/Arm |
| 4) Cable Rear Delt Pull:   | 3 Sets of 30, 20, 10 Reps/Arm |
| 5) Reverse Shoulder Press: | 3 Sets of 30, 20, 10 Reps/Arm |
| 6) Crunches:               | 3 Sets of 50                  |
| 7) Oblique Raises:         | 3 Sets of 25/Side             |