



Shoulder & Abs

The Workout

Shoulders

Incline ISO shoulder press **superset** with DB shoulder press

Standing DB external rotation **superset** with Lateral raises

Bent over laterals **superset** with Plank plus shoulder taps (30 alternating touches)

*twist - for the bent over laterals, keep palms facing your body as you lift up. This will create more definition in the point that intersects the lats and delts.

BB shoulder raises **superset** with Alternating standing DB punches w/twist (3-5lb DB's)

Abs

Rope crunches on your knees

Leg drops on bench with hip lift

Plank on bench/elbow alternating knee ins with 2 count hold

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