



Day 5 Shoulders

Pre-workout Feelings

How did you sleep last night?

How did you eat so far today? POOR / OK / GOOD / GREAT

What is your energy level pre-workout? _____/10

Do you feel tightness/soreness anywhere? _____

RESISTANCE

Exercise	Sets	Reps	Equipment	Intensity	Rest
Shoulder Press	4	12-15	Dumbbells	hard	60 sec
Lateral Raises	4	12-15	Dumbbells	hard	60 sec
Upright Row	4	12-15	upright row	hard	60 sec
Rear Delt Raises	4	10-12	Dumbbells	hard	60 sec

CARDIO - choose 1

Exercise	Intensity	Speed	Time
Uphill Treadmill Walking	7.0~10.0 incline	3.6 ~ 4.0mph	20mins
Stairclimber	65steps/min IF 2 at a time	95 steps per min IF 1 at a time	20mins

NOTES
