



## # of REPS

SUGGESTED

ACTUAL



Set 1 - Push-ups

UNTIL  
PRE-EXHAUSTED

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REST 30 SECONDS

Set 2 - Lateral  
Raises

30

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REST 30 SECONDS

Set 3 - Military  
Press

30

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REST 30 SECONDS

Set 4 - Rear Delt  
Raises

30

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REST 30 SECONDS → INCREASE WEIGHT

Set 5 - Lateral  
Raises

15

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REST 30 SECONDS

Set 6 - Military  
Press

15

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REST 30 SECONDS

Set 7 - Rear Delt  
Raises

15

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