



Swolepires, LLC

Shoulders, Traps & Abs #1

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Dumbbell Shoulder Press 3 set of 5 reps					
Dumbbell Side Lateral Raise (standing) 3 sets of 5 reps					
Dumbbell Front Raise (standing) 3 sets of 5 reps					
Dumbbell Shrugs (Heavy) 3 sets of 5 reps					
Barbell Upright Row 3 sets of 5 reps					
Decline bench situps 3 sets of Failure					
Hanging leg raise 3 sets to Failure					