


Remember to adjust the weight according to your ability and fitness level. And don't forget to warm up before your workout and stretch afterward.

Biset (workout in which two exercises are performed in sequence without rest between them)


**SHOULDER**




**SHOULDER PRESS**

**SETS** 4

**REPS** 10

INTERVALS  2-5 Min


**SHOULDER**




**DUMBBELL SIDE RAISES**

**SETS** 4

**REPS** 10

INTERVALS  2-5 Min


**SHOULDER**




**ARNOLD PRESS**

**SETS** 4

**REPS** 10

INTERVALS  2-5 Min


**SHOULDER**



**FRONT RAISES**

**SETS** 4

**REPS** 10

INTERVALS  2-5 Min


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Biset (treino em que dois exercícios são realizados em sequência sem descanso entre eles)


**OMBRO**



**CABLE SIDE RAISES**

**SETS** 4

**REPS** 10

INTERVALS  1 Min

**OMBRO**




**PEC DECK MACHINE REVERSED FLY**

**SETS** 4

**REPS** 10

INTERVALS  1 Min


**OMBRO**




**MILITARY PRESS**

**SETS** 3

**REPS** 10

INTERVALS  1 Min


**OMBRO**



**HIGH PULLEY FACE PULL**

**SETS** 4

**REPS** 10

INTERVALS  1 Min

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ABDOMEN



## LEG RAISES

SETS

4

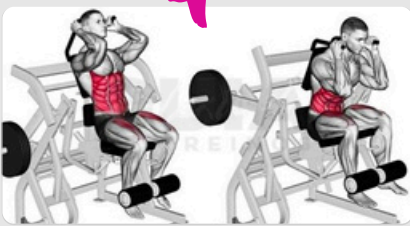
REPS

12



INTERVALS

ABDOMEN



## ABDOMINAL MACHINE

SETS

4

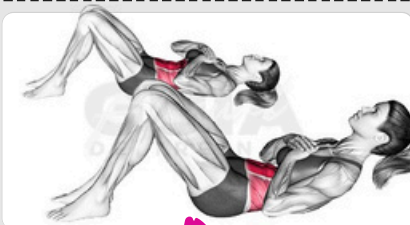
REPS

12



INTERVALS

ABDOMEN



## SUPRA ABDOMINAL ONLY

SETS

4

REPS

12



INTERVALS

ABDOMEN



## BICYCLE ABS

SETS

4

REPS

12



INTERVALS

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