

# THURSDAY: SHOULDERS, TRAPS, ABS

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed.  
If you did 15 pounds for 10 reps, you would write "15 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3
Dumbbell Bench Press 8 Reps			
Dumbbell Side Lateral Raises			
Front Lateral Raises - 12, 10, 8			
Dead Lifts 6-8			
Shoulder Shrugs - 30 R Reps			
<b>ABS</b>			
Leg Raises - 12 Reps			
Side Bridge—10 Reps			
Ab-Roller 10 Reps			
Seated Leg Pull-ins 12 Reps			
Crunches 15 Reps			
Bent Knee Hip Raise 8-10			
Dumbbell Side Bend 8-10			

Workout Location: \_\_\_\_\_

Mood When Starting: \_\_\_\_\_

Cardio Today? Circle One: **YES**    **NO**    Length: \_\_\_\_\_

TreadMill: Time \_\_\_\_\_ MPH \_\_\_\_\_ Total Miles \_\_\_\_\_ Difficulty: Easy ~ Med ~Hard

Other Cardio: \_\_\_\_\_

Comments: