Shoulders and Abs

Full-body, Any, Beginner

History: Sun, Apr 7, 2013 1:39 (8:29 AM - 10:08 AM)

Exercise		Weight (lb)	Reps	Rest
1 Ab Walkout		**1**	× 5	70
		2	× 5	70
		3	× 5	70
		4	× 5	70
2 Sit-Ups		**1**	× 10	30
		2	× 10	30
		3	× 10	30
		4	× 10	30
3 Exercise Ball Hamstring Curls		**1**	× 10	10
		2	× 10	10
		3	× 10	10
4 Exercise Ball Knee Tucks		**1**	× 10	30
		2	× 10	30
		3	× 10	30
5 Clean and Jerk		**1**	15 × 10	70
Single arm.		**2**	15 × 10	70
1RM: 20 **Weight Tot.:** 450		**3**	15 × 10	70
6 Shoulder Press (Barbell)		**1**	45 × 10	70
1RM: 60 **Weight Tot.:** 1350		**2**	45 × 10	70
		3	45 × 10	70
7 Sit-Ups (Incline)		**1**	10 × 10	30
1RM: 13.3 **Weight Tot.:** 300		**2**	10 × 10	30
		3	10 × 10	30

Total weight	**2100 lb**
Front Delts	1350 lb
Lower Back	450 lb
Rear Thighs	450 lb
Lats	450 lb
Glutes	450 lb
Abs	300 lb

Other exercised muscles: Obliques, Thighs, Triceps, Trapezius (Traps), Pectoralis (Pecs), Lateral Deltoid (Side Delts)