

## 4-day/week Muscle Definition Workout - MD-27

### Monday - Shoulders, Triceps & Abs + Cardio (Post-Workout)

Shoulders		Sets	Reps
SUPER SET	seated dumbbell press	2* + 4	8 to 12
	dumbbell lat raise	4	10 to 12
SUPER SET	dumbbell rear shoulder fly	4	10 to 12
	shrugs	4	10 to 12
Triceps		Sets	Reps
SUPER SET	EZ bar tricep extensions	2* + 4	8 to 12
	kickbacks	3	10 to 12
SUPER SET	cable (rope) push-downs	3	10 to 12
	one-arm cable tricep extension	3	12 to 14
Abs		Sets	Reps
	cable (rope) crunches	3	failure



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