

Lifting Workout

Shoulders, abs, calves, biceps



1. Warm up

- Do 10 minutes on the bike.
- Warm up your shoulders with very light weight.



2. Supersets of dumbbell shoulder press and swiss ball crunches

- **Dumbbell shoulder press**
Do 4 sets of decreasing reps and increasing weight.
Aim for 15, 12, 10, and then 8 reps until failure.
- **Swiss ball crunches**
Between each set, do 25 crunches on the swiss ball.





3. Supersets of dumbbell lateral raises and swiss ball crunches

- **Seated dumbbell lateral raises**

Do 2 warm up sets of about 10-15 reps.

On the last set, use 3 different sets of weights. Start with the goal of 10 reps and decrease the weight to the next lower weight until absolute failure.

- **Swiss ball crunches**

Between each set, do 25 crunches on the swiss ball.



4. Upright rows

- Do 3 sets of 15 reps with a moderately heavy amount of weight.

It is best to do these on the Smith machine, although a regular barbell or dumbbells can also be used.

Rest very little between sets, but you can superset some crunches if you can make the transitions quickly.





5. Supersets of calf raises and shoulder shrugs

- **Leg press calf raises**

Do 5 sets to failure. Use the same weight for the first 3 sets, then increase the weight on the fourth set. On the fifth set, use about 60% of your heaviest weight.

- **Dumbbell shoulder shrugs**

Do 5 sets to failure. Increase the weight in each of the first

 	<p>4 sets. On the fifth set, use about 60% of your heaviest weight.</p>
	<p>6. Cable curls</p> <ul style="list-style-type: none"> Do 1 warm up set, then go directly in to a dog crap set. Choose a weight that you can do about 15 times on the first set. Your goal should be about 10-12 reps on the second set and 8-10 reps on the third set.

Things to remember

- Always warm up the shoulder extensively; they are injury prone and one of the hardest joints to fix.
- A dog crap set is 3 sets with the same weight to failure, with no more than 15 breaths in between sets. The rest period is counted in breaths instead of seconds. To increase difficulty, take fewer breaths and breathe more deeply.
- Dog crap sets were designed as a way to maximize the growth and strength potential of a muscle without a lot of the down time required after a traditional workout. The theory is that since you are only doing one actual set per muscle, you should have enough energy to train multiple muscle groups in one session. Also, since you do not overwork the muscle with many different

exercises and sets, it should recover more quickly and can be trained more often.

- I do not think it is effective to rely solely on dog crap training, but it can be a useful supplement to a thorough training regimen. It is important to remember that since there is only one working set, it must be done with the highest degree of intensity.