

“777” Shoulder/Back Burnout

7 exercises—7 repetitions—7 sets

- Bent-Over Side Raises
- Bent-Over Rows
- Upright Row
- Shoulder Presses
- Side Raises
- Front Raises
- Shoulder Shrugs

Between 777's do one of the following:

- 25 Crunches (hold for 2 count)
- 20 Knee Ups on the machine
- 30 Back Extensions
- 15 Knee Ups on flat bench
- 10 V-Ups
- 50 Bicycles
- 25 ROWS (The Holly Sartor Special)