

# 30 MIN BUILD WORKOUT

# SHOULDERS #1

## EQUIPMENT NEEDED:

2 sets dumbbells - 1 heavy and 1 lighter

## NOTES:

+ Adjust incline and/or speed to accommodate fitness level

+ Suggested speeds and inclines are for intermediate/advanced exercisers

+ All Build Workouts begin with a 10-min treadmill segment, followed by 20 mins of strength training

TIME SEGMENT	INCLINE	SPEED ( mph )	EXERCISE	SPEED ( kph )
0-1	2	6.5	Run/warm-up	10.5
1-2	2	7	Run/warm-up	11.3
2:00-2:45	7.5	8.1	45s incline sprint	13
2:45-3:30	7.5	N/A	Step off to sides and rest 45s	N/A
3:30-4:15	7.5	8.2	45s incline sprint	13.2
4:15-5:00	7.5	N/A	Step off to sides and rest 45s	N/A
5:00-5:45	7.5	8.3	45s incline sprint	13.4
5:45-6:30	7.5	N/A	Step off to sides and rest 45s	N/A
6:30-7:15	7.5	8.4	45s incline sprint	13.5
7:15-8:00	7.5	N/A	Step off to sides and rest 45s	N/A
8:00-8:45	7.5	8.5	45s incline sprint	13.7
8:45-9:30	7.5	N/A	Step off to sides and rest 45s	N/A
9:30-10:00	7.5	9.5	30s incline sprint	15.3

# SWEET SIXTEEN SHOULDERS #1

## NOTES:

+ Sweet Sixteen = 4 exercises circuited 4 times, 10 reps each exercise

+ The goal is complete 4 rounds in about 20 mins (give or take a min or two). If you get done too quickly, increase the weight you're using, if you have trouble finishing in 20 mins, reduce weight.

+ All workouts done Rest-based Training (RBT), which means you rest whenever and as much as you like.

ORDER	EXERCISE	NOTES
1	Seated shoulder press	Palms can face forward or toward each other
2	Front raise	Standing, elbows have a slight bend
3	Rear delt fly	Seated, chest to knees, elbows slightly bent
4	Bench dips	To make it harder, straighten legs; easier, bend them