

**{Shoulders Chest & Tri's for Third Tri}**

**Warm-Up: TWO Rounds – THREE Exercises:**

- Plié Squats (12 Reps)
- Standing Leg Lifts (8 Reps, *Each Side*)
- Sumo Squat (12 Reps)

**The Workout: THREE Sets – Repeat 3 x's Each**

- Plié Squats (Weighted) – 10 reps
- Shoulder press – 12
- Chest flies – 10
  
- Standing Leg Lifts – 8 Reps, *Each Side*
- Upright Row – 12
- One Arm Row – 8 Reps, *Each Side*
  
- Sumo Squat to Press (Weighted) – 10 Reps
- Lateral Raise – 10
- Tricep Extension – 12

**Cool-Down:** Stretch! (5-10 Mins)