

## DELTOID DOMINATION WORKOUT

### PART 1: SHOULDERS

-LATERAL WALKS: 2 ROUNDS TO FAILURE (WARM UP)

#### GIANT SET 1

-SCOTT PRESS: 8-10 REPS (NO REST)

-SIDE DB LATERALS: 12-15 REPS (NO REST)

-BRADFORD PRESS: 6-8 REPS (NO REST)

- REAR LATERAL FLY'S: 18-20 REPS

4 ROUNDS TOTAL: REST 75 SECS MAX AFTER EACH ROUND

-REAR BB PRESS: 10-12 REPS (40 SEC REST)

5 SETS

### PART 2: TRICEPS

-ROPE PUSHDOWN: 12 REPS (NO REST)

- OVERHEAD ROPE EXTENSIONS: 10- 12 REPS (NO REST)

-DIPS: 10-12 REPS (NO REST)

-DIAMOND PUSHUPS-TO FAILURE

4 ROUNDS TOTAL: REST 60 SECS MAX AFTER EACH ROUND