



Tuesday (5/6)- Shoulders

Advanced Trainee

(Use challenging weights, not light weight)

3 sets of Lateral Walks- get on your hands (assisted with wall) walk down the wall and walk back on your hands- many as you can do- 60 sec rest

Standing Push- Press- (similar to BB overhead press) 4 sets of 8 reps- 75 sec rest

Incline DB Front Raise (perform on incline bench) raise dumbbells until they are parallel with front delt (raise them both together)- 12 reps

SS

Pivot Press- 8 Reps each Side

SS

BB Upright Rows (wide grip)- 12 reps

SS

Arnold DB Press – 8 reps

2:1 tempo for all exercises- 60 sec rest

4 rounds

Machine Incline Shoulder Press- 6 sets of 12 reps – 30 sec rest

Seated DB Lateral Raise SS Rear DB Flys- 4 sets of 20 reps- 30 sec rest

Beginner:

Standing Overhead Press: 4 sets of 12 reps- 30 sec rest

Seated Lateral Raises: 4 sets of 12 reps- 30 sec rest

Rear DB Lateral Flys: 3 sets of 15 reps- 30 sec rest

BB Upright Rows: 3 sets of 15 reps- 30 sec rest

Front DB Raises: 3 sets of 12 reps- 30 sec rest

Arnold Press: 4 sets of 10 reps- 45 sec rest