



5/20/14 Shoulders

Advanced Trainee

Pre- Exhaust Warm-Up

Overhead Cable Press (start on knees and grab cables from each side) (perform like a normal seated press just with cables)

5 sets of 20 Reps- 30 sec Rest

Reverse Grip Military Press with BB- 15/12/10/8/6/15- 6 sets- Increase weight throughout each set, than drop back to starting weight on last set to pump out 15 final reps- 90 sec rest

Hammer Strength Press- 10/8/6 increase weight each round, than do 3 sets of 8 with heaviest weight possible, than perform a triple drop-set on last round to failure

Seated DB Laterals- 15 Reps

SS

Rear DB Lateral Flys- 15 Reps

SS

BB Upright Rows- 15 Reps

4 rounds- 60 sec rest

Shrug Madness: Play the Rack: front/side/rear shrugs

8/8/8/8/8- 3 rounds of 8 reps starting with heaviest weight possible than go down the dumbbell rack dropping about 10lbs for each set: make sure to lean forward perform 8, than stand straight perform 8, than put dumbbells in rear and perform 8 that's 24 reps for each set- 60 sec rest between each run

Rear Cable Flys: 3 sets of 20 reps- 20 sec rest

Beginner:

Seated DB Laterals- 3 sets of 15 Reps- 30 sec rest

Overhead DB Press- 4 sets of 12/10/8/6- Increase weight on each set- 90 sec rest

Front DB Raises- 3 sets of 12 Reps each arm- 30 sec rest

Bent over Rear Cable Flys- 3 sets of 15 reps-30 sec rest

Shrugs: Wide Grip on BB SS Close Grip on BB- 3 sets of 12 Reps each- 40 sec rest

BB Upright Rows: 4 sets of 15 reps- 30 sec rest