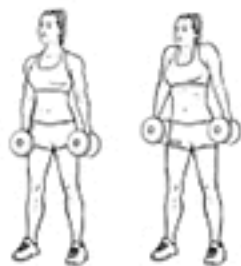


SHOULDERS

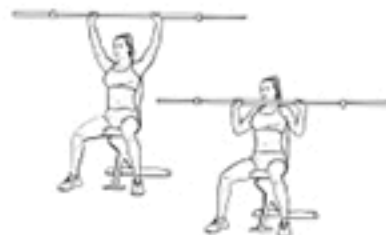
REMEMBER TO
**STRETCH &
WARM UP**
before every workout

Dumbbell Shrugs



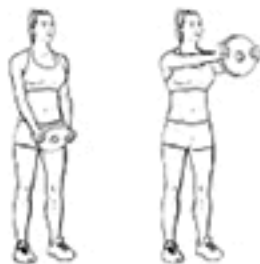
5 sets 15 reps 45 sec rest

Barbell Shoulder Press / Overhead Press



5 sets 5 reps 2 min rest

Standing Front Shoulder Plate /
Dumbbell / Kettlebell Raises



5 sets 15 reps 1 min rest

Face Pull / Rear Delt Pull



5 sets 15 reps 45 sec rest

Cable Upright Rows



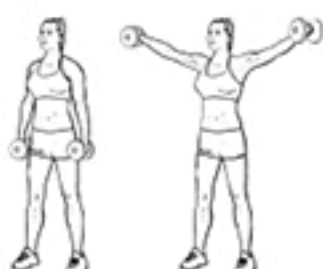
5 sets 15 reps 45 sec rest

Dumbbell Biceps Curl to Shoulder
Press



5 sets 12 reps 1 min rest

Lateral / Side Shoulder Dumbbell
Raises / Power Partial



5 sets 12 reps

Forward / Front Shoulder Dumbbell
Raises



5 sets 12 reps 1 min rest

TIP:

CONTROLLED MOVEMENTS

Focus on the movements to make sure you're not arching your back. Hold poses and come back to start. If you are arching your back to lift, lower the weight.