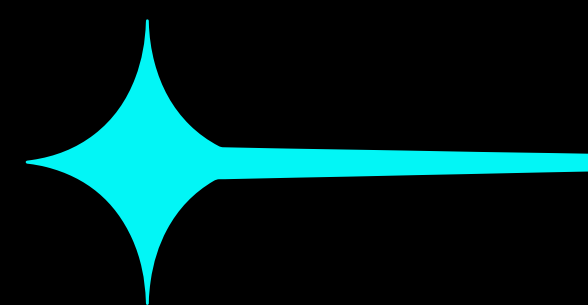




SHOULDER WORKOUT



SHOULDER WORKOUT

PLAN 1



SHOULDER WORKOUT

AUTHOR: BRANDON B

TRAINING LEVEL: INTERMEDIATE

WORKOUT DURATION: 1 DAY

WORKOUT NOTES:

We recommend doing a few warm up sets before each exercise at a lower weight. This ensures you are properly warmed up and ready for your "working" sets.

EXERCISE	SETS	REPS	TEMPO	REST	VIDEO
Dumbbell Side Raise	3	12	2110	2 Min	
Dumbbell Shoulder Press	2	10	2010	2 Min	
Cable Criss Cross Raise	3	12	2010	2 Min	
Machine Rear Fly	3	15	3110	2 Min	