



## **Shoulders- 03/06**

### **Advanced Trainee**

**(Keep weight challenging, but where you can still keep tension on the muscle)**

#### **Arnold Press**

**SS**

#### **Side DB Lateral Raises**

**5 sets of 12-15 reps (40 sec rest)**

**Side Cable Lateral Raises- 6 sets of 12 reps- (30 sec rest)**

#### **Front DB Raises**

**SS**

#### **Rear Lateral Raises**

**SS**

#### **BB Upright Rows**

**5 rounds of 12-15 Reps (75 sec rest between each round)**

### **Shrug Tri Set**

#### **DB shrugs**

**SS**

#### **Wide grip BB shrugs**

**SS**

#### **Close Grip BB shrugs**

**5 Rounds of 15 Reps (60 sec rest between each round)**

### **Beginner Trainee**

**Arnold Press- 4 sets of 15 Reps**

**Side DB Lateral 4 sets of 15 reps**

**Rear Lateral Flys 4 sets of 15 reps**

**Front DB Raises- 4 sets of 15 reps**

**DB shrugs- 4 sets of 25 reps**

**(30 sec rest between each set)**