



Wednesday (4/23) Shoulders

(Keep weight challenging not light)

Advanced Trainee

DB Seated Lateral Raises- 5 sets of 12 reps (30 sec rest)

Reverse Grip Military Press (BB or Smith Machine is fine to use) – 4 sets of 6- 8 reps (90 sec rest) – increase in weight each set

Plate Drivers (Grab a 45lb plate rotate from left to right) 12 reps

SS

Rear Lateral DB Flys- 15 reps

5 sets total (30 sec rest)

Front Cable Raises- 12 reps

SS

Bradford Presses- (move barbell from front to back- similar to military front press and rear press)- 15 reps

SS

Upright Rows- 20 reps

5 sets total (60 sec rest between each set)

Rear BB Presses- 8 sets of 8 reps- 10 sec rest between each set

Beginner

Machine Lateral Raises- 4 sets of 12

Rear Lateral DB Flys- 4 sets of 12 (each leg)

Upright Rows- 4 sets of 12

Plate Drivers- 4 sets of 12

DB Overhead Press - 4 sets of 12

Front DB Raises - 3 sets of 12

DB Lateral Raises- 3 sets of 12

(30 sec rest between each set)