



Wednesday (4/09) Shoulders
Advanced Trainee

Seated DB Laterals- 5 sets of 15 reps- 30 sec rest

Bradford Press- 8 reps 3/1 tempo- bring barbell from front to back (your doing a front press and a rear barbell press in the same movement)

SS

Incline DB Front Raises-12 reps

SS

Plate Drivers- Grab 45 lb. plate and rotate from your left to right side- 10 reps
6 rounds -60 sec rest

Arnold Press- 8 reps- 3/1 tempo

SS

Rear Incline Lateral Flys-15 reps

4 sets- 30 sec rest

Side Cable Laterals- 5 sets of 12 each side- 30 sec rest

DB Shrugs- 5 sets of 12- Front, Side, Rear- Keep holding dumbbells and do a proper shrug- you will hit your traps from all angles front for 12, middle for 12, rear for 12
30 sec rest between each set

Beginner

Seated Machine Laterals- 4 sets of 12 reps- 30 sec rest

Overhead DB Press- 4 sets of 8 reps dropset on last set to failure

Front DB Raises- 4 sets of 12- 30 sec rest

Rear DB Lateral Flys- 4 sets of 15- 30 sec rest

Wide Grip BB Shrugs- 3 sets of 8 reps- 30 sec rest

Close Grip BB Shrugs- 3 sets of 8 reps- 30 sec rest