

THE IG **LIVE** WORKOUT

WARM UP

- Shoulder Mobility Work
With Resistant bands

EXERCISE 1

- Banded Single Arm Lateral
Raises
- 3 Sets
 - 10-12 Reps

EXERCISE 2

- Alternating Dumbbell
Front/Lateral Raises
- 3 Sets
 - 10-15 reps

EXERCISE 3

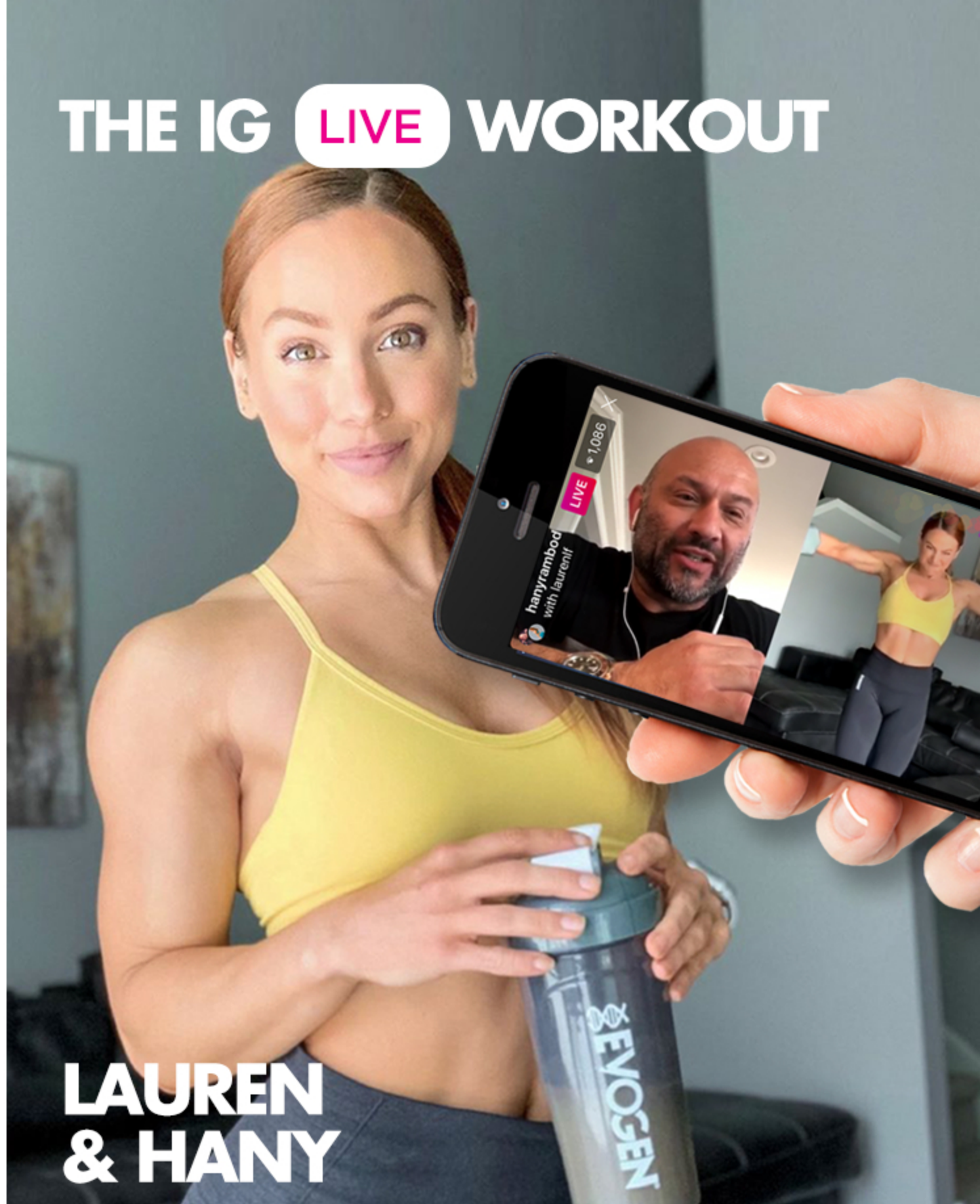
- Standing Dumbbell Shoulder
Press (Static Holds)
- 3 Sets
 - 3 reps Both
 - 3-4 Reps Single Arm
(other arm holding)
 - 3-4 Reps Both

EXERCISE 4

- Standing Front Shoulder
Press (Static Holds)
(palms facing each other)
- 3 Sets
 - 3 reps Both
 - 3-4 Reps Single Arm
(other arm holding)
 - 3-4 Reps Both
 - Last Set Super Set with
Banded Front Raises
Till failure

EXERCISE 5

- Bent over Rear Fly
(30 Seconds Rest
in Between Sets)
- 3 sets Banded
 - 10-12 Reps
 - 1 set Dumbbell
 - 10-15 Reps
- Super set with Banded
- 10 Reps



**LAUREN
& HANY**

REP BY REP SHOULDERS.

Follow 19X Olympia winning coach Hany Rambod as he guides Team Evogen's Lauren Findley through a LIVE shoulders workout from her living room.

SUPPLEMENTATION

PRE-WORKOUT

- EVP 3D Sour Watermelon -1.5 Scoop

INTRA-WORKOUT

- AminoKEM Tropic Thunder -1 scoop

POST-WORKOUT

- Isoject Naturals Vanilla Bean -1 scoop



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Please consult with a physician prior to beginning any exercise or exercise program. When undertaking any exercise activity, there is a risk of injury. You should be healthy and familiar with the proper form, techniques, and preparation for the exercises you undertake and the equipment you use. Always use safe techniques and protective equipment when engaging in exercise. If you are unfamiliar with the proper and safe techniques and equipment for the exercises you intend to perform, please seek advice and assistance before performing them. If you are in poor health, or are handicap, ask for the opinion of your physician or health care provider and exercise only under qualified supervision. Discontinue exercising if you experience any light headaches, dizziness, shortness of breath, or discomfort and consult your physician or other health care provider. ©2020 Evogen Inc. All rights reserved.