

SHOULDERS

EXERCISE	SETS	REPS
Push Press	2	5*
Incline Dumbbell Press	3	15
Seated Dumbbell Lateral Raise	2	8*
Cable Upright Row	4	10
Standing Dumbbell Lateral Raise	4	12,10,8,8
Front Plate Raise	2	10
Reverse Pec Deck	4	12

*4-second lowering count.

NOTES:
