## DAY 12: SHOULDERS

**Notes:**

Use Warm-Up Sets to to gauge weight for working sets.

* For the working sets, pick a weight that allows you to reach failure at 12 reps.

60 Seconds rest in between each working set

Stretch in between working sets.

| SHOULDERS | | | |
|---|---|---|---|
| **EXERCISES** | **SETS / REPS** | **WEIGHT** | **NOTES** |
| **1. DUMBBELL LATERAL RAISE** | **2 Warm-up Sets**<br>**3 Working Sets x 12 Reps*** | | |
| **2. BENT OVER DUMBBELL LATERAL RAISE** | **2 Warm-up Sets**<br>**3 Working Sets x 12 Reps*** | | |
| **3. ALTERNATING DUMBBELL FRONT RAISE** | **2 Warm-up Sets**<br>**3 Working Sets x 12 Reps*** | | |
| **4. SHOULDER PRESS** | **2 Warm-up Sets**<br>**3 Working Sets x 12 Reps*** | | |
| **Training, Nutrition, Supplementation Notes:** | | | |