DAY 19: 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 10 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** **3 Working Sets x 10 Reps***		
2. BENT OVER DUMBBELL LATERAL RAISE	**2 Warm-up Sets** **3 Working Sets x 10 Reps***		
3. ALTERNATING DUMBBELL FRONT RAISE	**2 Warm-up Sets** **3 Working Sets x 10 Reps***		
4. SHOULDER PRESS	**2 Warm-up Sets** **3 Working Sets x 10 Reps***		
Training, Nutrition, Supplementation Notes:			