

## **DAY 26: 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 8 reps.

60 Seconds rest in between each working set

Stretch in between working sets.

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SHOULDERS			
EXERCISES	SETS / REPS	WEIGHT	NOTES
1. DUMBBELL LATERAL RAISE	2 Warm-up Sets 3 Working Sets x 8Reps*		
2. BENT OVER DUMBBELL LATERAL RAISE	2 Warm-up Sets 3 Working Sets x 8 Reps*		
3. ALTERNATING DUMBBELL FRONT RAISE	2 Warm-up Sets 3 Working Sets x 8 Reps*		
4. SHOULDER PRESS	2 Warm-up Sets 3 Working Sets x 8 Reps*		

**Training, Nutrition, Supplementation Notes:**