



GeneBlueprint

WORKOUT PLAN



Day 1



Body Weight



Gym Warm Up Shoulder Pre-Hab



Shoulder Shrug

3 x 10



Shoulder Press Seated

3 x 10



Shoulder D1 Pattern Band

3 x 10



Alternating Shoulder Press

3 x 10





Body Weight

Last: N/A



Enter current body weight

Save

Add Note



Shoulder Shrug

3x10



| Set | Weight | Reps |
|-----|----------------------------------|---------------------------------|
| 1 | <input type="text" value="120"/> | <input type="text" value="10"/> |
| 2 | <input type="text" value="130"/> | <input type="text" value="10"/> |
| 3 | <input type="text"/> | <input type="text" value="10"/> |

Save

Add Note



Shoulder Press Seated

3x10



0:01 / 0:03



YouTube



| Set | Weight | Reps |
|-----|----------------------|---------------------------------|
| 1 | <input type="text"/> | <input type="text" value="10"/> |
| 2 | <input type="text"/> | <input type="text" value="10"/> |
| 3 | <input type="text"/> | <input type="text" value="10"/> |

[Opt Out](#) [Save](#) [Add Note](#)



Shoulder D1 Pattern Band

3x10



| Set | Weight | Reps |
|-----|----------------------|---------------------------------|
| 1 | <input type="text"/> | <input type="text" value="10"/> |
| 2 | <input type="text"/> | <input type="text" value="10"/> |
| 3 | <input type="text"/> | <input type="text" value="10"/> |

Opt Out

Save

Add Note



Alternating Shoulder Press

3x 10



| Set | Weight | Reps |
|-----|----------------------|------|
| 1 | <input type="text"/> | 10 |
| 2 | <input type="text"/> | 10 |
| 3 | <input type="text"/> | 10 |

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