



SHOULDERS

30 MIN WORKOUT

EXERCISE	REPS	SETS	REST
DB STANDING SHOULDER PRESS LIGHT WEIGHT (warm-up)	15-20	2	45 SECS
STANDING BB SHOULDER PRESS SS WIDE UPRIGHT ROW BB	10	2-3	90 SECS
DB LAT RAISES SS BENT OVER REAR DELT RAISES DB	12	2-3	90 SECS
DB SHRUGS SS FRONT RAISES WITH PLATE 10KG	12	2-3	90 SECS

45 MIN WORKOUT

EXERCISE	REPS	SETS	REST
DB STANDING SHOULDER PRESS LIGHT WEIGHT (warm-up)	15-20	3	45 SECS
STANDING BB SHOULDER PRESS SS WIDE UPRIGHT ROW BB	10	3-4	90 SECS
DB LAT RAISES 2X DS	12	3-4	90 SECS
DB ARNOLD PRESS SS BENT OVER REAR DELT RAISES DB	12	3-4	90 SECS
DB SHRUGS SS FRONT RAISES WITH PLATE 10KG	15	3-4	90 SECS

KEY:

BB	BARBELL
DB	DUMBBELL
DS	DROP-SET
KB	KETTLE BELL
SS	SUPER-SET



DB STANDING SHOULDER PRESS



STANDING BB SHOULDER PRESS



WIDE UPRIGHT ROW BB



DB LAT RAISES



BENT OVER REAR DELT RAISES DB



DB SHRUGS



FRONT RAISES WITH PLATE



DB ARNOLD PRESS

