

1 – DUMBBELL DELTOID LATERAL RAISE



SETS

3

REPETITIONS

15+10+6

Weight progression.

SHOULDER WORKOUT



2 - ONE ARM SIDE DUMBBELL DELT RAISE

SETS

3

REPETITIONS

15

No rest.



3 - UPRIGHT ROWS

SETS

3

REPETITIONS

10



4 - FRONT CABLE DELTOID

SETS

3

REPETITIONS

10

Holding in the eccentric phase.



5 - SHOULDER PRESS MACHINE + DUMBBELL DELTOID PRESS

SETS

3

REPETITIONS

10+15

Bi.set

Shoulder Press Machine– Cadence the eccentric part of the movement.
Dumbbell Deltoid Press– Execute a little faster.