

1 - DUMBBELL DELTOID LATERAL RAISE



SETS

3

REPETITIONS

15+10+6

Weight progression.



2 - UPRIGHT ROWS + ONE ARM SIDE LATERAL RAISE

SETS

3

REPETITIONS

8+15

Upright Rows - 8 repetitions.

One Arm Side Lateral Raise - 15 repetitions.



3 - FRONT INCLINE DUMBBELL RAISE

SETS

3

REPETITIONS

10

4 - SHOULDER PRESS MACHINE + FRONT RAISE WITH A BAR



SETS

3

REPETITIONS

5+6



SETS

3

REPETITIONS

15

Shoulder Press Machine - 5 repetitions (normal) + 6 repetitions, going up very slowly.

Front Raise With a Bar - 15 repetitions.