

1 - PRE ACTIVATION - BENCH INCLINE ONE SIDE LATERAL RAISE



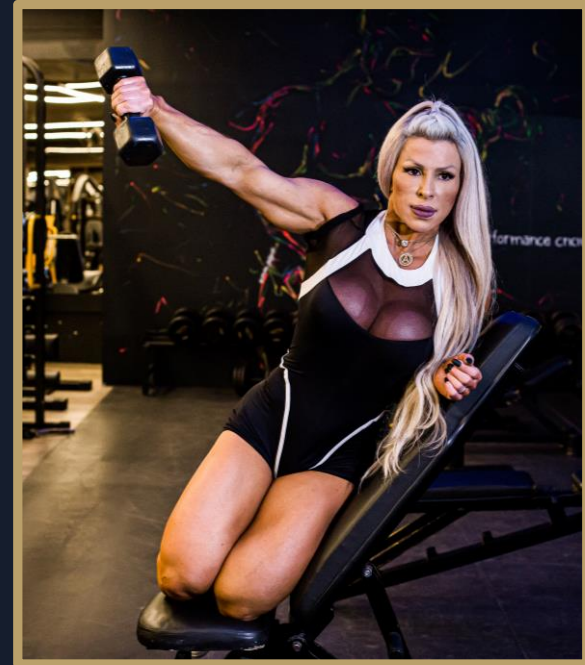
SETS

2

REPETITIONS

20

Alternating sides, without rest.





2 - DUMBBELL DELTOID LATERAL RAISE

SETS

3

REPETITIONS

8 + 10 + 15

Dropset

3 - ONE ARM SIDE DUMBBELL DELTOID RAISE + DUMBBELL DELTOID LATERAL RAISE



SETS

3

REPETITIONS

15



SETS

3

REPETITIONS

10

One Arm Side Dumbbell Deltoid Raise – Normal execution.
Dumbbell Deltoid Lateral Raise – Very slow executing the eccentric phase.

4 - FRONT CABLE DELTOID SUPINATED GRIP



SETS

3

REPETITIONS

10

Very slow on the eccentric phase.



5 - SHOULDER PRESS MACHINE + FRONT INCLINE DUMBBELL RAISE



SETS

2

REPETITIONS

10



SETS

2

REPETITIONS

15

6 - SHOULDER PRESS WITH DUMBBELLS



SETS

1

REPETITIONS

6-5-4-3-2-1

Alternating sides, without rest.



7 - REVERSED FLY



SETS

3

REPETITIONS

15

Normal execution.

