



1 - DUMBBELL DELTOID LATERAL RAISE

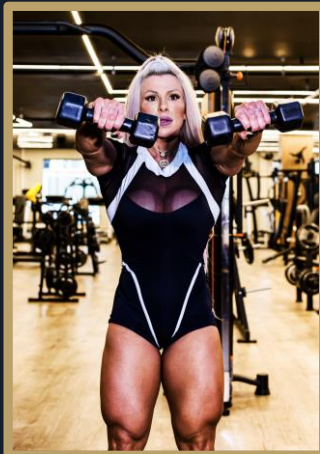
SETS

7

REPETITIONS

10

25 seconds rest each set.



2 - SHOULDER PRESS MACHINE + SIMULTANEOUS FRONT DUMBBELL DELTOID RAISE

SETS

3

REPETITIONS

10 + 10

Biset.

Shoulder Press Machine – Super Slow on the concentric phase of the movement.
Simultaneous Front Dumbbell Deltoid Raise – Normal execution.



3 - DOWN ROW (TRIANGLE)

SETS**3****REPETITIONS****10**

Holding for 3 seconds at the end of the movement.



4 - BICEPS ON THE MACHINE

SETS**3****REPETITIONS****10**

Normal execution.



5 - TRICEPS ON THE MACHINE

SETS	3
REPETITIONS	15

Normal execution.

