



SUPER SHOULDER WORKOUT

From "I Wish I Knew This About Shoulder Sooner" Youtube Video

1.) SEATED DB LATERAL RAISE WITH MACHINE LATERAL RAISE

4 Sets x 12 - 15 Reps | Rest 60 Seconds

2.) SEATED FRONT DB RAISE WITH STANDING EZ BAR FRONT RAISE

3 Sets x 12 - 15 Reps | Rest 60 Seconds

3.) INCLINE BENCH REAR DELT RAISE WITH BENT OVER DB RAISE

3 Sets x 10 - 12 Reps | Rest 60 Seconds

*** ALTERNATE BETWEEN SUPER SET WORKOUTS AND NORMAL WORKOUTS EVERY OTHER TRAINING SESSION

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