

Shoulders

Wednesday • Shoulders Workout

60-90 min/session | 5-6 days/week | 3-5 sets/exercise | 6-12 reps compound, 10-15 reps isolation

Rest: 60-90 sec (isolation) / 2-3 min (compound)

#	EXERCISE	SETS x REPS
1	Barbell Overhead Press	4 x 6-8
2	Dumbbell Shoulder Press	3 x 8-10
3	Lateral Raise	4 x 12-15
4	Rear Delt Fly	4 x 12-15
5	Upright Row	3 x 10
6	Shrugs	4 x 12

TRAINER RECOMMENDATIONS

- Lift heavy with strict form
- Prioritize compound movements
- Eat enough protein: 1.6-2.2 g per kg of body weight
- Sleep 7-9 hours every night
- Track every workout and progress every week