

Shoulders – Routine 2

Exercise	Sets	Reps
Seated Dumbbell Arnold Press	3	8
Standing Barbell Shoulder Press	3	6
(Drop Set)	3	To Fail
Standing Barbell Upright Row	3	5
(Drop Set)	3	5
(Drop Set)	3	To Fail
Standing Dumbbell Alternating Shoulder Press	3	5 upper, 5 lower, 5 together
Standing Cable Rear Delt. Flies	3	12
SUPER SET Machine Rear Delt. Flies	3	12
Standing Dumbbell Alternating Front Raises	3	12 each side
(Drop Set)	3	To Fail
Standing Dumbbell Side Raises	3	12
(Drop Set)	3	To Fail
Single Arm Front Raises	3	12 each side
(Drop Set)	3	12 / To Fail
Single Arm Side Raises	3	12 each side
(Drop Set)	3	12 / To Fail
Single Arm Rear Delt. Fly	3	12 each side
(Drop Set)	3	12 / To Fail