

Shoulders – Routine 4

Exercise	Sets	Reps
Seated Dumbbell Shoulder Press	4	12
Standing Barbell Shoulder Press	4	12
Standing Barbell Upright Rows	4	12
SUPER SET Smith Machine Upright Row	4	12
Seated Dumbbell Side Raises	3	12
Seated Dumbbell Alternating Front Raises	3	12 each side
Seated Dumbbell Rear Delt. Flies	3	12
Single Arm Dumbbell Side Raises	3	12
SUPER SET Single Arm Dumbbell Front Raises	3	12
SUPER SET Single Arm Dumbbell Rear Delt. Flies	3	12