

Shoulders – Routine 7

Exercise	Sets	Reps
Seated Dumbbell Shoulder Press	3	8
(Drop Set)	3	12
Barbell Upright Row	3	12
SUPER SET Upright Row Peaks	3	30
Barbell Upright to Press	3	8
SUPER SET Standing Dumbbell Press	3	30 seconds
Hold	3	30 seconds
Seated Dumbbell Side Raises	3	12
SUPER SET Seated Dumbbell Shoulder Press	3	12
Lying Plate Front Raises	3	12
(Drop Set)	3	12
Seated Cable Rear Delt. Row	3	12
Standing Barbell Front Raise to Press	3	12