

Free Shoulder Workout 3

Exercise	Sets	Reps
Machine Shoulder Press-with 3 second negatives	4	10
Machine Side Lateral Raise-with 3 second negatives	4	10
Plate Front Raise-with 3 second hold at the top	4	10
Seated Dumbbell Side Lat Raise-with 3 second hold at the top	4	10
Superset: Dumbbell Rear Delt Kick Backs-A Bent over Dumbbell Rear Delts-B	4	10
Machine Upright Row-with 3 second hold at the top, slow on the release.	4	10
Cable Ab Crunch	4	20
Side Ab Crunch	4	10/side

Cardio: 30 minutes

Superset: Is a technique in which you do two exercises back to back with no rest.

3 Second Negatives: I want you to slowly bring the weight back down to starting position over a 3 second count. Don't rush it down, go slow and controlled to make the muscles work. Make sure to hold each rep at the top for 2-3 seconds to keep the muscles contracted.