

Free Shoulder Workout 2

Superset A&B

Exercise	Sets	Reps
Kettle Bell Front Raise-A Kettle Bell Overhead Press-B	4	15/each exercise
Cable Rear Delts-A Cable Upright Row-B	4	15/each exercise
Single Arm Dumbbell Side Lateral Raise-A Dumbbell Side Lateral Raise-B	4	15/each exercise
Seated Dumbbell Arnold Press-A Dumbbell External Shoulder Rotation-B	4	15/each exercise

Cardio: 30 minutes

Superset: Is a technique in which you do two exercises back to back with no rest. So today you will do all exercises in supersets as grouped together in A & B. So superset Kettle Bell Front Raises with Kettle Bell Overhead Press, etc with the rest of the exercises.

*** Make sure to do 15 reps per arm when doing the single arm dumbbell side lateral raises.**