

## **Free Shoulder Workout**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
<b>Smith Machine Shoulder Press</b>	<b>4</b>	<b>12,15,18,20</b>
<b>Side Lateral Raise</b>	<b>3</b>	<b>20</b>
<b>Cable Rear Delt</b>	<b>4</b>	<b>12,15,18,20</b>
<b>Cable Upright Row</b>	<b>4</b>	<b>20</b>
<b>Reverse Shoulder Press</b>	<b>4</b>	<b>12,15,18,20</b>
<b>Straight Arm Side Lateral Raise-Hold for 3 seconds</b>	<b>3</b>	<b>20</b>
<b>Reverse Crunches</b>	<b>4</b>	<b>25</b>

**Cardio: 30 minutes**