

Free Shoulder Workout

Exercise	Sets	Reps
Barbell Shoulder Press-the 4th set to failure	4	15
Side Lateral Raise-Drop Sets	4	10,8,6,4
Machine Shoulder Press-Drop Sets	4	10,8,6,4
Cable Rear Delts- the 4th set to failure	4	15
Cable Front Raise-Drop Sets	4	10,8,6,4

Cardio: 30 minutes

Drop Sets: Each exercise that requires a Drop Set means you will start out with a heavy weight, do 10 reps, drop the weight by 5 or 10 lbs, and go right into 8 reps, drop the weight again and immediately do 6 reps, drop the weight again and finish strong with the last 4 reps. Rest 30-40 seconds and do that same routine 3 more times to complete all 4 sets.

Set to Failure: this is where you will do the first 3 sets at a heavy weight and then the 4th and last set you will do as many reps as you can until you reach failure, meaning you can't do one more rep.