

10 WEEKS TO FITNESS-DAY 38: SHOULDERS

Superset 1 and 2

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| 1) Side Lateral Raise: | 5 Sets of 30, 25, 20, 15, 10 Reps |
| 2) Plate Upright Row: | 5 Sets of 30, 25, 20, 15, 10 Reps |

Superset 3 and 4

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| 3) Standing Barbell Press: | 5 Sets of 10, 15, 20, 25, 30 Reps |
| 4) Bench Support Plate Raise: | 5 Sets of 10, 15, 20, 25, 30 Reps |

Superset 5 and 6

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| 5) Cable Rear Delt Row: | 5 Sets of 30, 25, 20, 15, 10 Reps |
| 6) Weighted Crunches: | 5 Sets of 30, 25, 20, 15, 10 Reps |

Superset 5 and 6

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| 7) Peck Deck Rear Delt Flys: | 5 Sets of 10, 15, 20, 25, 30 Reps |
| 8) Machine Crunches: | 5 Sets of 10, 15, 20, 25, 30 Reps |