

Free Shoulder Workout 4

Exercise	Sets	Reps
Cable Shoulder Press	4	15-20
Cable Straight Bar Front Raise	4	15-20
Side Lateral Straight Arm Raise-3 second hold and release	4	15
Barbell Overhead Press	4	15-20
Bench assist Dumbbell Rear Delts	4	15-20
Squat Position Cable Rear Delts-3 second hold and release	4	15
Plate or Dumbbell Assist Shoulder Shrugs-3 second hold and release	4	15

Cardio: 30 minutes

*** hold and release: for each exercise that says to “hold and release” make sure to contract and hold that rep at the contraction point for 3 seconds and then release. This will help isolate those muscles and help to build them up.**