

Free Shoulder Workout

Exercise	Sets	Reps
Seated Dumbbell Shoulder Press	4	15
Single Arm Side Lateral Raise	3	20/arm
Cable Upright Row	4	20
Smith Machine Shoulder Shrugs	3	20
Kettle Bell (or Dumbbell) Front Raise	4	20
Bent Over Rear Delts (cable machine)	4	15

Cardio: 30 minutes