

Free Shoulders and Triceps Workout

Exercise	Sets	Reps
Machine Shoulder Press	6	20,30,40,40,30,20
Dumbbell Side Lateral Raise	6	20,30,40,40,30,20
Seated Dumbbell Front Raise	6	20,30,40,40,30,20
Bent Over Dumbbell Rear Delts	6	20,30,40,40,30,20
Hack machine Shoulder Press	6	20,30,40,40,30,20
Dumbbell Triceps Extension	6	20,30,40,40,30,20
Barbell Skull Crushers	6	20,30,40,40,30,20
Seated Overhead Triceps Extension	6	20,30,40,40,30,20

Cardio: 30 minutes

Pyramid Set:

The 6 sets doesn't mean you go through all the reps 6 times. Set 1: = 20reps, Set 2: = 30reps, Set 3: = 40reps, Set 4: = 40reps, Set 5: = 30reps, and the final set 6: = 20reps. Once you have finished that sequence then move on to the next exercise and do the exact same routine.