[](http://www.fitnish.com)Workout of the Week | shoulders and arms

Workout Log

**Date:**

**Workout Duration:**

**My Stats**

Name:

Age:

Weight:

Bf%:

Warm Up:

* 5 minutes skipping/cycling/walking on an incline to warm up.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| [shoulders]  Exercise | Sets | Reps | Weight | | Time | Rest period |
| Shoulder press machine | 1  2  3  4 | 15  12  10  8 |  | |  |  |
| Seated Dumbbell Shoulder press | 1  2  3 | 12  10  8 |  | |  |  |
| **SUPERSET:** | | | | | | |
| Standing barbell behind the neck press | 1  2  3 | 12  10  8 |  | |  |  |
| Standing front lateral raises with weight plates  (Keeping the plates parallel to the floor when you bring them up) | 1  2  3 | 10  10  10 |  | |  |  |
|  | | | | | | |
| Standing side dumbbell lateral raises keeping your palms facing you | 1  2  3  4 | 12  10  8  6 |  | |  |  |
| Partial\* front raises  (Front raises using an ez bar on an incline bench) | 1  2  3 | 7,7,7  7,7,7  7,7,7 |  | |  |  |
| **SUPERSET:** | | | | | | |
| Seated side lateral machine | 1  2  3  4  1  2  3  4 | 12  10  8  6  12  10  8  6 |  | |  |  |
| Front dumbbell raises  (Twisting your wrists upwards, so that your palms are facing upwards at the top at the raise.) |  | |  |  |
| [arms]  Exercise | Sets | Reps | | Weight | Time | Rest period |
| **SUPERSET 1:** | | | | | | |
| Tricep dips | 1  2  3  4 | 12  12  12  12 | |  |  |  |
| Standing ez bar bicep curls | 1  2  3  4 | 15  12  10  8 | |  |  |  |
| **SUPERSET 2:** | | | | | | |
| Lying down ez bar skull crushers. | 1  2  3  4 | 15  12  10  8 | |  |  |  |
| Standing dumbbell bicep curls.  (Alternate each arm and then curl both arms up.  That counts as one rep) | 1  2  3  4 | 8  8  6  4 | |  |  |  |
| **SUPERSET 3:** \*Drop set | | | | | | |
| Standing tricep rope push downs | 1  2  3 | 12  10  [8,12]\* | |  |  |  |
| Standing hammer rope curls | 1  2  3 | 12  10  [8,12]\* | |  |  |  |
| **SUPERSET 4:** | | | | | | |
| One hand triceps press down | 1  2 | 12  10 | |  |  |  |
| One hand bicep concentration curl on the cable machine or using a dumbbell | 1  2 | 12  10 | |  |  |  |

Stretching:

* Stretch the shoulders, triceps and biceps for 5 – 10 minutes.