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 | 1234 | 1512108 |  |  |  |
| Seated Dumbbell Shoulder press | 123 | 12108 |  |  |  |
| **SUPERSET:** |
| Standing barbell behind the neck press | 123 | 12108 |  |  |  |
| Standing front lateral raises with weight plates(Keeping the plates parallel to the floor when you bring them up) | 123 | 101010 |  |  |  |
|  |
| Standing side dumbbell lateral raises keeping your palms facing you | 1234 | 121086 |  |  |  |
| Partial\* front raises (Front raises using an ez bar on an incline bench) | 123 | 7,7,77,7,77,7,7 |  |  |  |
| **SUPERSET:** |
| Seated side lateral machine | 12341234 | 121086121086 |  |  |  |
| 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 | 1234 | 12121212 |  |  |  |
| Standing ez bar bicep curls | 1234 | 1512108 |  |  |  |
| **SUPERSET 2:** |
| Lying down ez bar skull crushers. | 1234 | 1512108 |  |  |  |
| Standing dumbbell bicep curls.(Alternate each arm and then curl both arms up.  That counts as one rep) | 1234 | 8864 |  |  |  |
| **SUPERSET 3:** \*Drop set |
| Standing tricep rope push downs | 123 | 1210[8,12]\* |  |  |  |
| Standing hammer rope curls | 123 | 1210[8,12]\* |  |  |  |
| **SUPERSET 4:**  |
| One hand triceps press down | 12 | 1210 |  |  |  |
| One hand bicep concentration curl on the cable machine or using a dumbbell | 12 | 1210 |  |  |  |

Stretching:

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