



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	15			
	2	12			
	3	10			
	4	8			
Seated Dumbbell Shoulder press	1	12			
	2	10			
	3	8			
SUPERSET:					
Standing barbell behind the neck press	1	12			
	2	10			
	3	8			
Standing front lateral raises with weight plates (Keeping the plates parallel to the floor when you bring them up)	1	10			
	2	10			
	3	10			
Standing side dumbbell lateral raises keeping your palms facing you	1	12			
	2	10			
	3	8			
	4	6			
Partial* front raises (Front raises using an ez bar on an incline bench)	1	7,7,7			
	2	7,7,7			
	3	7,7,7			
SUPERSET:					
Seated side lateral machine	1	12			
	2	10			
	3	8			
	4	6			
Front dumbbell raises (Twisting your wrists upwards, so that your palms are facing upwards at the top at the raise.)	1	12			
	2	10			
	3	8			
	4	6			

[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.