



Shoulders and Triceps

Warm Up

Incline walk on the treadmill for 15 minutes to prevent injury and get blood flow going

Shoulders

Behind neck press

5 sets 5 reps

Last set only 3-4 reps keep pushing on weight to make your last rep difficult

Lateral raises (standing or seated)

3 sets 12 reps end with dropset

Cable lateral raises

8 reps each side (push for reps with slow control and end with negatives) for only 1 set

Reverse peck deck

3 sets 12-10-8 reps

Triceps

Push downs (straight, EZ or ropes)

3 sets of 10

Dumbbell overhead extensions

3 sets 10-12

(Increase weight every set)

Dips

3 sets till failure

(Close grip legs straight)

Description: Keep a 45 second rest in between each set.

This workout is intended for informational purposes only. Please consult a physician before beginning any exercise program.