



### Mens Advanced Shoulder Workout

Exercise	Sets	Reps	Rest	Comments
*Complete warm up / Mobility routine before beginning your workout.				
1 Barbell Clean and Press	4	12	1 Minute	*Increase weight each set
2 Resistance Band Front Hold Super Set	3	30 Secs	1 Minute	*Hold the band apart for 30 seconds then straight into your shoulder press
Dumbbell Shoulder Press	3	10		
3 Barbell Upright Rows	3	20	1 Minute	*Each exercise one after the other NO REST.
Barbell Strict Shoulder Press	3	10		
Straight into Eccentric Press	3	5		*Count 5 seconds each rep on the way down.
4 Wall Dumbbell Front Raise into Cable Face Pulls	3	20	1 Minute	*Lean against a wall or beam to stop all swinging and momentum.
	3	20		
5 Finish with Burn out Dumbbell Lateral Raise set	1	50	1 Minute	

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