



Day 4

Shoulders and Triceps

Exercise 01 Shoulder Exercises

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Shoulder Barbell Press	1	10 Light	Warm Up, "Blood Flow" Targeting All 3 Heads

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Shoulder Barbell Press	2 - 3	8 - 10 Mild - Heavy	Working Set, Strict Form

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Shoulder Barbell Press	4	Heavy	Full On Set Till Failure