

# Exercise 05 Shoulder Raise

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Dumbbell Shoulder Raises	1 - 2	8 - 10 Light - Mild	Working Set, Control/Strict Form

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Dumbbell Shoulder Raises	3	Light - Mild	Full On Set Till Failure (Burn Out)