

Exercise 03 Cable Raises

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Lateral Cable Raises	1 - 2	6 - 10 Light - Mild	Working Set, "Explosive Positive" "Control Negative"

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Lateral Cable Raises	3	Light - Mild	Full On Set (Burn Out)