

Exercise 02 Shoulder Raises

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

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Lateral Cable Raises	3	Mild	Working Set, Control/Strict Form Full On Set (Burn Out)