

## Day 22: Shoulders, Biceps, Forearms

### SEATED BARBELL SHOULDER PRESS (WARM-UP SETS)

Add weight progressively across 2-3 sets, stopping each one well short of failure.



Seated barbell shoulder press

3 sets, 10 reps (rest 1 min.)



Seated barbell shoulder press

During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)



Seated Side Lateral Raise

During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)



Barbell front raise

During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)

### BARBELL CURL (WARM-UP SETS)

Add weight progressively across 1-2 sets, stopping each one well short of failure.



Barbell Curl

2 sets, 10 reps (rest 1 min.)



### Barbell Curl

During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)



### Reverse-grip barbell curl

During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)



### Palms-down wrist curl over bench

During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)



### Palms-up wrist curl over bench

During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)