

Shoulders, Triceps



Treadmill walking

1 set, 10 mins

SEATED DUMBBELL SHOULDER PRESS (WARM-UP SETS)

For the first warm-up set, use a weight you can easily handle for 10-12 reps. For the second, use a weight that you can handle for 8-10 reps with only moderate strain. See video for details.



Seated dumbbell shoulder press

2 sets, 10-12 reps (rest 1 min.)



Seated dumbbell shoulder press

Perform one set to failure. Use a spotter to help you perform the final reps.

1 set, 6-8 reps

DUMBBELL LATERAL RAISE (WARM-UP SETS)

Use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



Dumbbell Lateral Raise

1 set, 10-12 reps



Dumbbell Lateral Raise

Perform one set to failure with 2-3 partial reps afterward. Use a spotter to help you perform the final reps. See video for details.

1 set, 8-10 reps

SINGLE-ARM CABLE LATERAL RAISE

Perform all of the reps on one side before switching to the other side.



Cable Lateral Raise

Perform one set to failure with 2-3 forced negatives afterward. Use a spotter to help you perform the final reps. See video for details.

1 set, 8-10 reps (left side, no rest)



Cable Lateral Raise

Perform one set to failure with 2-3 forced negatives afterward. Use a spotter to help you perform the final reps. See video for details.

1 set, 8-10 reps (right side)

SEATED REAR DELT FLY (WARM-UP SETS)

Use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



Seated rear delt fly

1 set, 10-12 reps



Seated rear delt fly

Perform one set to failure with 2-3 partial reps afterward. Use a spotter to help you perform the final reps. See video for details.

1 set, 8-10 reps

CABLE ROPE PUSH-DOWN (WARM-UP SETS)

Use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



Rope Press-Down

1 set, 10-12 reps



Rope Press-Down

Perform one set to failure, with 2-3 partial reps afterward. Use a spotter to help you perform the final reps. See video for details.

1 set, 10-12 reps

BEHIND-THE-HEAD SKULLCRUSHER (WARM-UP SETS)

Use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



Behind-the-head skullcrusher

1 set, 10-12 reps



Behind-the-head skullcrusher

Perform one set to failure. Use a spotter to help you perform the final reps.

1 set, 8-10 reps

SEATED TRICEPS PRESS (WARM-UP SETS)

Use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



Seated triceps press

1 set, 10-12 reps



Seated triceps press

Perform one set to failure with 2-3 partial reps afterward. Use a spotter to help you perform the final reps. See video for details.

1 set, 8-10 reps