

Beginners workout

Day 4

notes :

start with light weights first then add more weights in the next reps

rest time between sets 1-2 minutes

rest time between exercises 2-3 minutes

https://youtu.be/n1jjb68YOy4	5 minutes	warm up
https://youtu.be/zh9jYIKL5r4	1 minute	Stretch
https://youtu.be/s081ISz77iw	sets 3 reps 10-10-10 weight	Shoulder Shoulder press machine Single arm
https://youtu.be/PWO-kHwQuQQ	Sets 3 reps 15-15-15	Shoulder Lateral Raise
https://youtu.be/Y288O5nZRbl	Sets 3 reps 12-10-10 weight / 20 kg	Shoulder Upright row
https://youtu.be/Hh4KSShd_DE	Sets 3 reps 10 -10-10 weight 5 -7-10 kg	Shoulder DM Front Raise

https://youtu.be/pfY-d1CU-Ec alternative exercise https://youtu.be/MZdjDI6AOCU	Sets 3 reps 15-12 -10 weight	Shoulder rear delt fly machine OR band
https://youtu.be/sCTLLDEobkw	Sets 4 reps 15-12-12 -10 weight 10 -12-15 kg	Shoulder Shrugs