



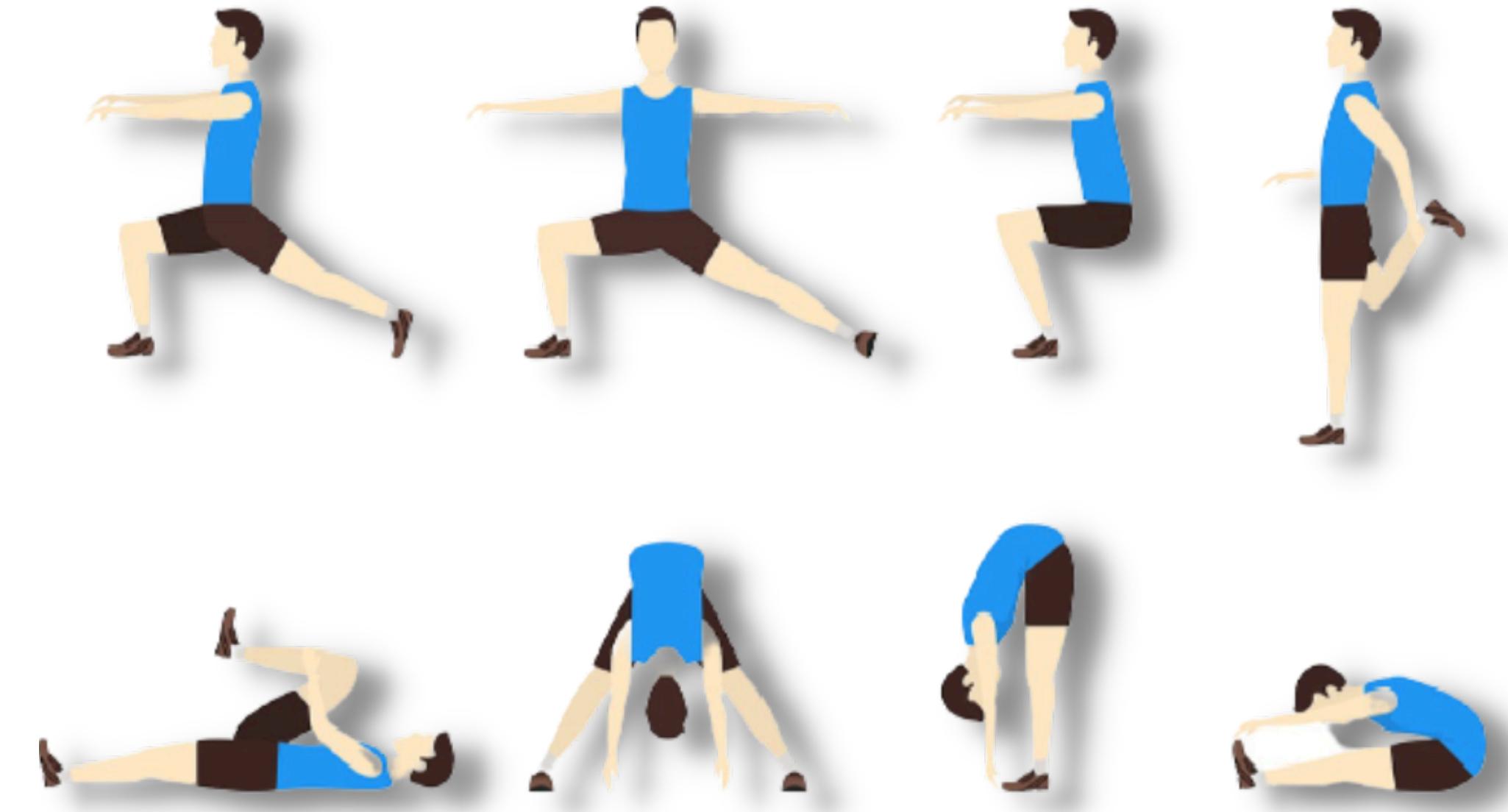
Power



DAY - 4

SHOULDERS & BICEPS

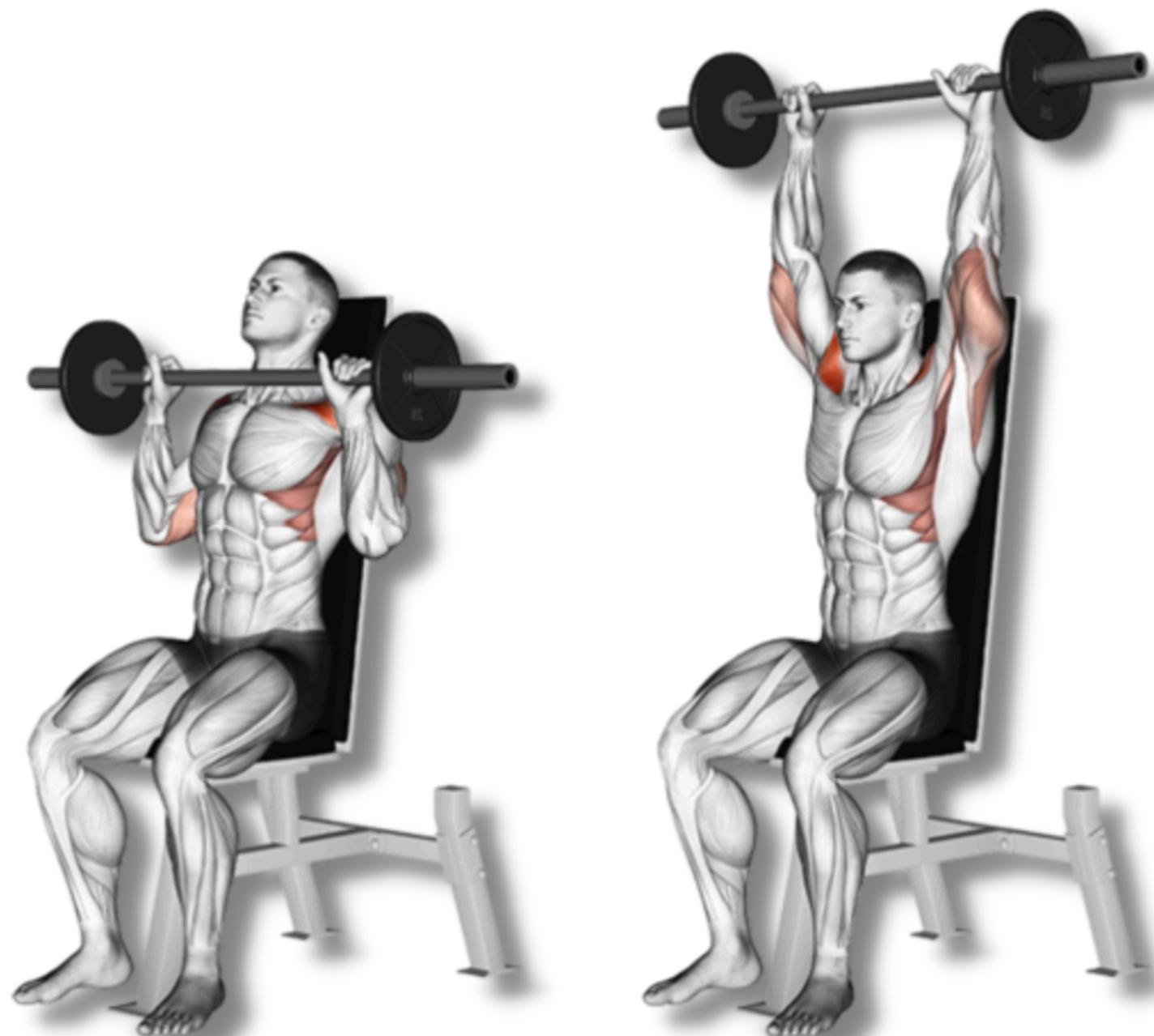
- **DYNAMIC STRETCHES**



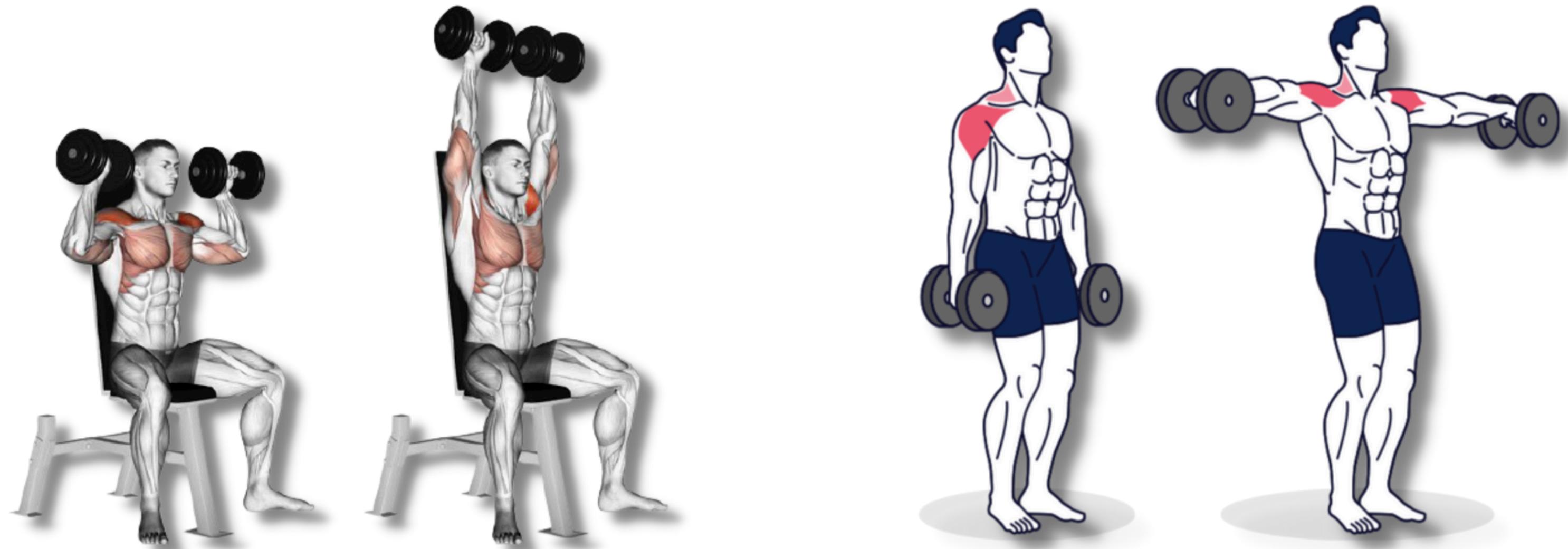
- **WEIGHTED WIDE GRIP PUSHUPS**
(3*20)



- **BARBELL SHOULDER PRESS**
(3*12-15)



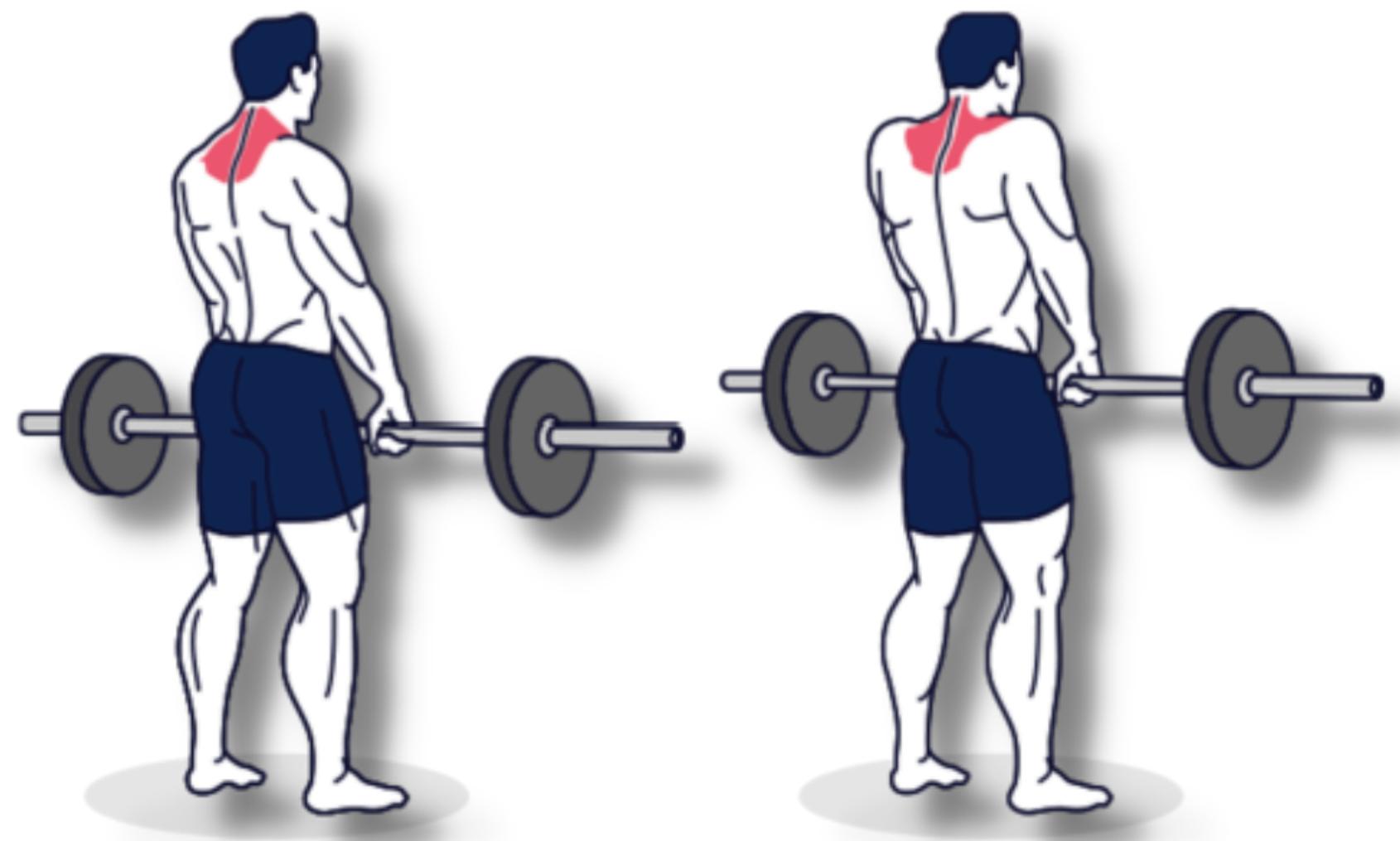
- **DUMBBELL SHOULDER PRESS SUPERSET W/
DUMBBELL SIDERAISES
(3*12-15)**



- REAR DELT FLIES SUPERSET W/ PLATE FRONT RAISES
(3*12-15)



- **TRAP BAR SHRUGS**
(3* FAILURE)

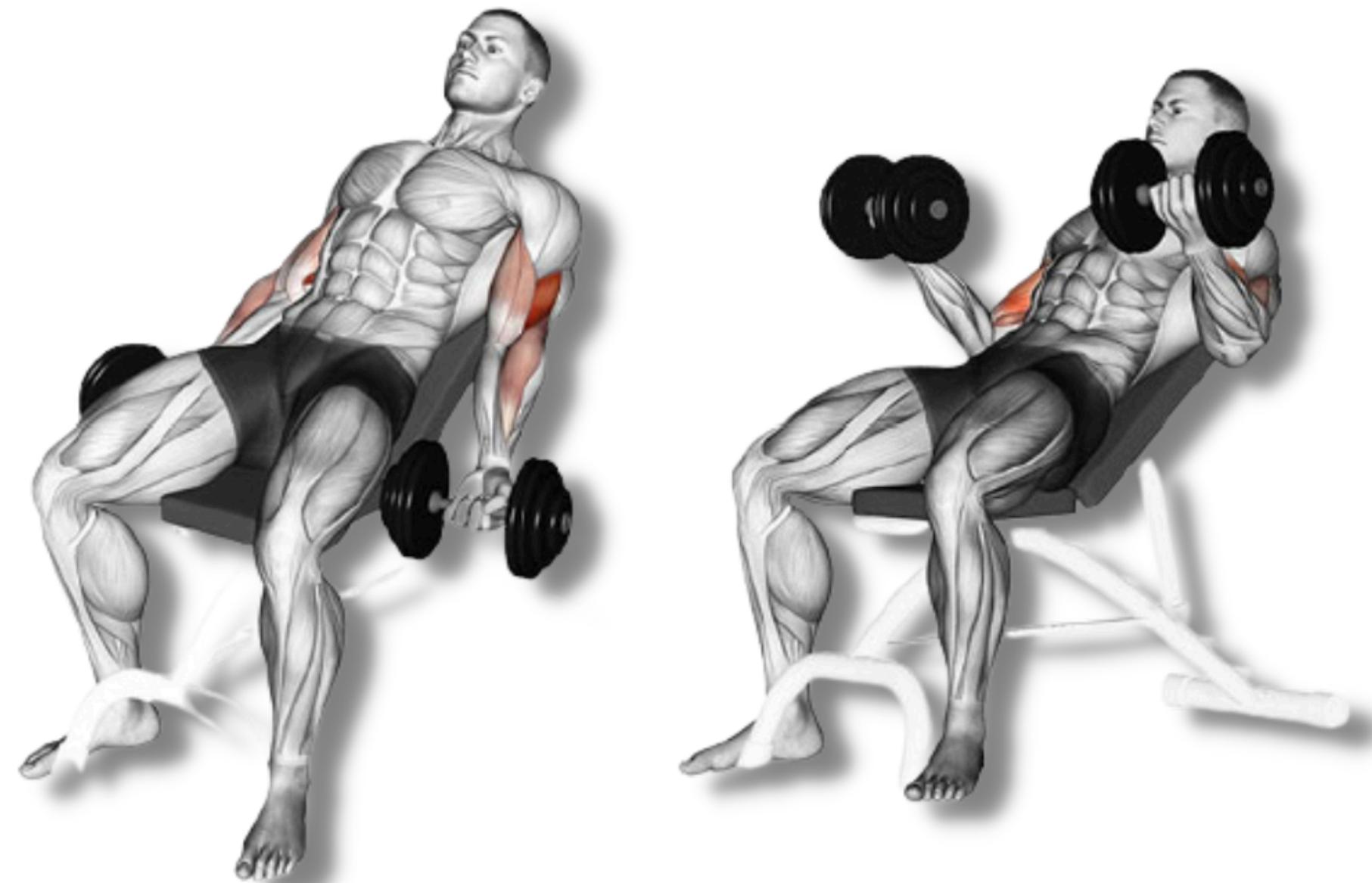


• BARBELL BICEP CURLS

(3*12)



- INCLINE DUMBBELL CURLS
(3*FAILURE)



- **PREACHER CURLS**
(3*FAILURE)



- HAMMER CURLS
(3*12)

