Shoulders-Workout	Set 1	Set 2	Set 3
	Weight/Reps	Weight/Reps	Weight/Reps
Dumbbell Shoulder			
Press			
Front Shoulder			
Raise			
Lateral Shoulder			
Raise			
Bent-Over Lateral			
Shoulder Raise			
Upright			
Rows			
Dumbbell			
Shrugs			