



# ROSHAN'S BODYSCULPT

## SHOULDER & TRICEPS

### EXERCISE 1. (SUPER SET).

EXERCISES	SET1	SET2	SET3
DB Shoulder Press	15 reps	12 reps	10 reps
Rear Delt Cable Fly	15 reps	12 reps	10 reps

### EXERCISE 2. (GIANT SET).

EXERCISES	SET1	SET2	SET3
DB Side Raise	12 reps	10 reps	10 reps
Cable Front Raise	12 reps	10 reps	10 reps
Single Hand Cable Rear Fly	12 reps	10 reps	10 reps

### EXERCISE 3. (GIANT SET).

EXERCISES	SET1	SET2	SET3
DB Front Raise	10 reps	10 reps	10 reps
Cable Side Raise	10 reps	10 reps	10 reps
DB Arm Circles	10 reps	10 reps	10 reps

### EXERCISE 4. (SUPER SET).

EXERCISES	SET1	SET2	SET3
DB Skull Crusher	12 reps	10 reps	10 reps
Triceps Pushdown	12 reps	10 reps	10 reps

### EXERCISE 5. (SUPER SET).

EXERCISES	SET1	SET2	SET3
Rope Overhead Ext.	12 reps	10 reps	10 reps
DB Kick Back	12 reps	10 reps	10 reps

### EXERCISE 6. (GIANT SET).

EXERCISES	SET1	SET2	SET3
Triceps Pressdown	12 reps	10 reps	8 reps
Bench Dips	12 reps	10 reps	8 reps
Close Hand Pushups	12 reps	10 reps	8 reps

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