



Warm Up: **Shoulder Day!**

Cycle #6/12 - Volume

- Rotator Cuff Warm Up
 - External Rotation x10
 - Band Pulls x10
 - Cheerleader x20(ttl)
- Infraspinatus External Rotation
- PVC Torso Rotation
- MB Frontal/OH Pulses w/ Tempo
- Foam Roll Delts, Lats, Upper Back!

Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction



December 31st

Seated Shoulder Press:

4-5 Sets w/ 1:00-1:30 TOR

- 8-10 Reps @ 50-60%

S/A Ext High Row:

4-5 Sets w/ 1:00 TOR

- 8-10 Reps @ Max

S/A Lat Raise:

3-4 Sets w/ 1:00 TOR

- 8-10 Reps(ea) @ Max

Post Delt Superset:

3-4 Sets w/ 1:00 TOR

- 10 Reverse Flys
- 10 Band Pulls w/ Pause

After Each Exercise:

- 20/25 Cals Biked or Rowed
- 20 DeadBug(ttl)
- 10-20 K to B/Tuck Ups(UB)



Shoulder Press Cycle:

#6/12 - Volume

1. Continue Warm Up
2. 30 Prone Shoulder Complex
3. Shoulder Press
 - 5x15-12 Reps @ 50%
 - 1:30 TOR

Into → Supplementary Lifting

Db Drop Sets: 2 Sets(ea) w/ 3:00 TOR

10-7-5-3 Reps

1. Bench Reverse Flys
2. Lateral Raises
3. High Rows



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Audio

