



12 Week Seated Shoulder Press Cycle

Week 1

Shoulder Press Cycle:

#1/12 - Volume/Tempo

1. Continue warm up
2. Find 1RM(if applicable)
3. GVT @ 50% w/ 1:00 TOR

Into → Supplemental Work

Superset:

4 Sets w/ 2:00 TOR

- 12 Db High Rows w/ Pause
- 12-15 Db Reverse Flys

Superset:

4 Sets w/ 2:00 TOR

- 12 MB Db Front Raises w/ Tempo
- 15 MB Frontal Pulses



Shoulder Press Cycle:

#2/12 - Volume/Tempo

1. Continue warm up
2. 4x15-20 w/ Tempo @ 30%
 - 2:00 TOR

Into → Supplemental Work

All W/ Tempo:

4x15-20 @ Max w/ 2:00 TOR

1. Short Lever Lat Raises
2. TRX High Rows
3. MB Frontal Raise



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Week 3

Shoulder Press Cycle:

#3/12 - Heavy

1. Continue warm up
2. 5x8 @ 70-65%
 - 3:00 TOR

Into → Heavy Work

4-5 Sets(ea):

10-12 @ Max w/ 2:00 TOR

1. S/A Bench High Row(ea)
2. S/A Lat Raises(ea)
3. Seated Arnold Press



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Week 4

Shoulder Press Cycle:

#4/12 - Volume/Tempo

1. Continue Warm Up
2. 30 Prone Shoulder Complex
3. 4x15-20 @ 40%
 - 2:00 TOR

Into → Supplemental Work

All W/ Tempo:

4x15-20 @ Max w/ 2:00 TOR

1. Db High Rows
2. Db Upright Rows
3. Db MB Front Raises



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Week 5

Shoulder Press Cycle:

#5/12 - Heavy

1. Continue Warm Up
2. 30 Prone Shoulder Complex
3. 5x8-6 @ 75-70%
 - 3:00 TOR

Into → Supplementary Lifting

4-5 Sets(ea): Reference Week #3

10-12 @ Max w/ 2:00 TOR

1. S/A Lat Raises(ea)
2. Bench S/A Reverse Fly(ea)
3. Db Arnold Press



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Week 6

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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Week 7

Shoulder Press Cycle:

#7/12 - Heavy

1. Continue Warm Up
2. 30 Prone Shoulder Complex
3. Shoulder Press
 - 5x6-4 @ 80-85%
 - 3-4:00 TOR

Into → Supplementary Lifting

4-5 Sets(ea): Reference Weeks #3 & 5

8-10 @ Max w/ 2:00 TOR

1. Bench S/A High Row(ea)
2. S/A Lat Raises(ea)
3. Db Arnold Press



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Week 8

Shoulder Press Cycle:

#8/12 - GVT Repeat

1. Continue Warm Up
2. 30 Prone Shoulder Complex
3. GVT @ 60-55% w/ 1:00 TOR

Into → Supplemental Work

Superset:

4 Sets w/ 2:00 TOR

- 12 Db Reverse Flys w/ Tempo
- 12 Band Pulls w/ Tempo

Superset:

4 Sets w/ 2:00 TOR

- 12 Seated Db Front Raises w/ Tempo
- 8 Db Upright Row w/ Pause @ Max



Shoulder Press Cycle:

#9/12 - Heavy

1. Continue Warm Up
2. 30 Prone Shoulder Complex
3. Shoulder Press AMRAP
 - Xx5-4 @ 80% w/ 2:00 TOR

Into → Supplementary Lifting

4-5 Sets(ea): Reference Weeks #3 & 5

10-12 @ Max w/ 1:30 TOR

1. Bench Lying Reverse Flys
2. Upright Row Superset w/ Lat Raise
3. Alt High Row(ea)



Shoulder Press Cycle:

#10/12 - Heavy

1. Continue Warm Up
2. 30 Prone Shoulder Complex
3. Shoulder Press
 - 5x3-5 @ 90% w/ 3-4:00 TOR

Into → Supplementary Lifting

4-5 Sets(ea):

10-12 @ Max w/ 1:30 TOR

1. Bench Lying Reverse Flys
2. 5-7 S/A Db High Pull(ea)
3. Db Arnold Press



Shoulder Press Cycle:

#11/12 - Heavy

1. Continue Warm Up
2. 30 Prone Shoulder Complex
3. Shoulder Press
 - 5x1-3 @ 100% w/ 3-4:00 TOR

Into → Supplementary Lifting

4-5 Sets(ea):

10-12 @ Max w/ 1:30 TOR

1. Db S/A High Row(ea)
2. Bench Lying Reverse Flys
3. Db Arnold Press(Heaviest to date)



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Week 12

Db Seated Press:

- Test 1 RM(Optional)

4 Rounds:

- 300 or 400m Run
- 15-20 Kneeling Press @ 40%

Post Delt Superset:

3-5 Sets w/ 1:30 TOR @ Max

- 10 Seated High Rows
- 12 Bench Lying Rev Flys

5 Rounds:

- 200, 300, or 400m Run
- 1:00 TOR

Db S/A High Pull:

4 Sets w/ 1:00 TOR

- 7 Reps(ea) @ Max

Or

Db Clean to OH:

4 Sets w/ 1:00 TOR

- 8 Reps @ Max

AMRAP: R-O-T

- 10 Aerobic Cals
- 10-20 Reps UB
 - K to B
 - V-Up Variation
 - 8-10 Rollouts

