# COR

# Warm Up: Shoulder Day! Cycle Week #4/12

- Rotator Cuff Warm Up(3 Sets)
  - External Rotation x10
  - Band Pulls x10
  - Cheerleader x20(ttl)
- Infraspinatus External Rotation
- Lock 3(3x10;ea)
- Foam Roll Delts, Lats, Upper Back!

## Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction

### November 26th

### TSeated Db Shoulder Press:

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

• 8-12 Reps @ 50-60%

### TS/A Db Ext High Row:

3-5 Sets w/ 1:00 TOR

• 8-12 Reps @ Max

### TS/A Db Lat Raise:

3-5 Sets w/ 1:00 TOR

• 8-12 Reps(ea) @ Max

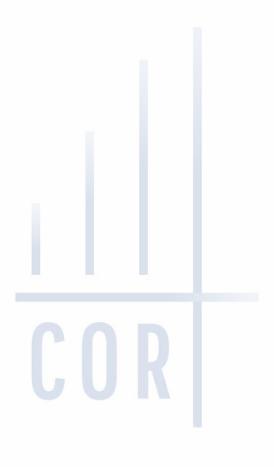
### TPost Delt Superset:

3-4 Sets w/ 1:30 TOR

- 12 Db Reverse Flys
- 8 Band Pulls w/ Pause

### After Each Exercise:

- 25, 38, or 50 Cals
- Biked or Rowed



### Shoulder Press Cycle:

#4/12 - Volume

- 1. Continue Warm Up
- 2. 20 Prone Shoulder Complex
- 3. Shoulder Press
  - 5x12-20 Reps @ 40-50%
  - 2:00 TOR

Into → Supplementary Lifting

Db Drop Sets: 2 Sets(ea) w/ 2:00 TOR3-4 Sets of Weights(ea)

- 1. Reverse Flys
- 2. Arnold Press
- 3. High Rows
- 4. Lat Raises





