



## 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

## T Seated Db Shoulder Press:

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

- 8-12 Reps @ 50-60%

## T S/A Db Ext High Row:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

## T S/A Db Lat Raise:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps(ea) @ Max

## T Post 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 TOR

3-4 Sets of Weights(ea)

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



