



## Warm Up: **Shoulder Lifting Day!**

### **Cycle Week #6/12**

- 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



# December 8th

## T Seated Shoulder Press:

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

- 8-12 Reps @ 50-60%

## T S/A Ext High Row:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

## T S/A Lat Raise:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps(ea) @ Max

## Post Delt Superset:

3-4 Sets w/ 1:00 TOR

- 10 Reverse Flys
- 12 Band Pulls w/ Tempo

## After Each Exercise:

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

Or

- :45-1:00 Plank



## Shoulder Press Cycle:

### #6/12 - Heavy

1. Continue Warm up
2. 5x6 @ 80-75%
  - 3:00 TOR

### Into → Loading

4-5 Sets(ea): Refer to last week

**6-8 Reps @ Max w/ 1:30 TOR**

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



