

# Shoulder Workouts

Bulk-Up Phase			Muscle Definition Phase		
<b>Weeks 1 to 6</b>			<b>Weeks 1 to 6</b>		
	<b>Sets</b>	<b>Reps</b>		<b>Sets</b>	<b>Reps</b>
seated barbell press	3	6 to 8	smith machine shoulder press	4	12 to 14
dumbbell lateral raise	3	8 to 10	weight plate front raise	4	12
standing dumbbell front raise	3	8	machine lateral raise	4	12
dumbbell incline bench reverse fly	3	8 to 10	seated Arnold press	4	12 to 14
<b>Weeks 7 to 12</b>			<b>Weeks 7 to 12</b>		
	<b>Sets</b>	<b>Reps</b>		<b>Sets</b>	<b>Reps</b>
military press	2	6 to 8	seated dumbbell press	4	12
barbell front raise	3	8	SUPER SET alternating bent-over reverse dumbbell fly	4	12 to 14
one-arm dumbbell lateral raise	3	8/side		one-arm cable front raise	4
bent-over dumbbell reverse fly	3	8 to 10	SUPER SET seated alternating dumbbell lat raise	4	12/side
				Finish workout with...	
			standing Cuban press	4	10 to 12

**Notes:** Supersets are performed with NO REST in between sets of any given two-exercise (sometimes three) exercise routine. As soon as you finish a set of one exercise move quickly to the next exercise and do a set of the second exercise. After this you can rest and then repeat the superset cycle again until you go through the entire sequence (number of sets).