



Shoulders Mayhem

Exercise	Rest	Sets	Reps	Weight	Notes
Standing military press	2:00-3:00	4	5		
Side lateral raise with barbell	1:30	3	21		21s method One arm at a time
Front barbell raise on incline bench	1:30	3	12		
Cable rear delt row	1:30	3	15		
Barbell upright row	1:30	2	10		
giant set					
Dumbbell upright row					
Rope front raise					