



Shoulders Swell

Exercise	Rest	Sets	Reps	Weight	Notes
One-arm side dumbbell raise	0:30	5	10		
Upright row to press	1:30	3	12		
Front dumbbell raise	1:30	3	12		
Rear delt cable fly	1:30	3	15		
superset					
Rope raise to the neck					
Rack shrug	0:00	10	10		
drop set					