



Unhinged Shoulders & Triceps

Exercise	Rest	Sets	Reps	Weight	Notes
Behind-the-neck barbell press	1:00	4	10		
Seated dumbbell raise	1:00	3	12		
Rear delt cable fly	1:00	3	15		
Rope extension	1:00	4	30		
One-arm over-the-head extension	1:00	4	10		