



Shoulderripper

Exercise	Rest	Sets	Reps	Weight	Notes
Barbell shoulder press	1:00	2	15-20		Warm-up sets
Seated over-the-head barbell press	1:30	4	10		
Hammer dumbbell shoulder press	1:30	4	8		
Individual side cable raise superset Seated behind-the-neck barbell press	1:30	3	12		
Front rope raise superset Front cable raise	1:30	3	12		
Barbell shrug	1:30	3	8		