



Shoulder Blaster

Exercise	Rest*	Sets	Reps	Weight	Notes
Dumbbell lateral Raise	0:30	4	8		Hold 6 seconds at the top.
Barbell push press superset	1:00	6	6		Take 1 minute rest between each exercise.
Seated rear delt pull					
Lean away lateral raise superset	1:00	3	10		
Dumbbell poliquin lateral raise			8		

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