



Shoulders Massacre

Exercise	Rest	Sets	Reps	Weight	Notes
Dumbbell press	1:30	4	8		(4-0-1)
Arnold db press	1:30	3	10		
superset					
Reverse barbell press			8		
Side db lateral raise	1:30	3	8		
superset					
Incline Side db lateral raise			12		
Db Shrug	0:00	7	10		