

**Team Fitt****15 Minutes Killer Shoulder Workout****Shoulders**

Exercise	Rest	Sets	Reps	Weight	Notes
Db shoulder press superset		3	10		For the 5 reps, you hold the weight 5 sec half way through.
Db shoulder press			5		
Side db raise superset		3	10		For the 5 reps, you hold the weight 5 sec half way through.
Side db raise			5		
Face pull		3	10		For the 5 reps, you hold the weight 5 sec half way through.
			5		
Db Front reverse raise		3	10		For the 5 reps, you hold the weight 5 sec half way through.
			5		