



Team Fitt

15 Minutes Killer Shoulder Workout

Shoulders

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