

Shoulders

Exercise	Sets X Reps
Seated Shoulder Press w/ Dumbbell	4 X 12
Lateral Raises	4 X 12
Overhead Barbell Press	4 X 12
Barbell Upright Rows	4 X 12
Rear Delt Dumbbell Fly	4 X 12

Please note: Video demonstrations for exercises are available in your training account exercise library. For guidance on how to complete workout techniques refer to the Training Technique Glossary in the TWB Training Library.