



Shoulder & Tricep Workout

- Shoulder press 4 x 10
- Single arm clean and press 3 x 10 super set lateral raises 3 x 12
- Seated cable shoulder press 3 x 10 super set machine lateral raise 3 x 10
- Machine rear delt 4 x 10 super set bent over rear delt raise 4 x 10
 - Machine tricep extension 4 x 12
 - V bar pushdown 3 x 10
- Single arm reverse pushdown super set dips
- Overhead tricep press 3 x 10