

THE SEXY SHOULDER WORKOUT

EXERCISE	SETS	REPS
WARM UP: COMPLETE ONE ROTATION OF THE FOLLOWING CIRCUIT		
BIG ARM CIRCLES	1	20 ROTATIONS (EACH DIRECTION)
LIGHT STANDING DUMBBELL PRESS	1	20
LIGHT STANDING LATERAL RAISE	1	20
STRAIGHT SETS: COMPLETE ALL SETS FOR EACH EXERCISE BEFORE MOVING ON TO THE NEXT. REST 30 SECONDS BETWEEN SETS		
SEATED DUMBBELL SHOULDER PRESS	4	12
ONE-ARM LEANING LATERAL RAISE	4	12, EACH ARM
CABLE FRONT RAISE	4	12
REAR DELTOID CABLE ROW	4	12
GET PUMPED TRI-SET: REPEAT 4 TIMES. MINIMIZE REST.		
SEATED TOP HOLD DUMBBELL PRESS	4	10
SEATED SIDE/FRONT RAISE	4	10
SEATED BENT-OVER LATERAL RAISE	4	10
GET HIGH DEFINITION! ADD THIS SHOULDER-BURNING AND FAT-BLASTING FINISHING SET TO THE END OF YOUR WORKOUT TO REVEAL SEXY, DEFINED SHOULDER IN NO TIME! REPEAT CIRCUIT 4 TIMES. MINIMIZE REST.		
STABILITY BALL PUSH-UPS	4	10
JUMP ROPE	4	1 MINUTE (ABOUT 150 REVOLUTIONS)
MOUNTAIN CLIMBERS	4	30 SEC
JUMP ROPE	4	1 MINUTE (ABOUT 150 REVOLUTIONS)