

SHOULDER SCULPT WORKOUT

with IFBB Pro *Tawna Eubanks*

- This workout is effective because it's fast and intense while hitting all parts of the shoulder. For optimal results, perform this workout one to two times a week.
- Go through entire workout once and rest for one minute and 30 seconds. Repeat three times.

EXERCISE	SETS	REPS
SUPERSET 1		
DUMBBELL SHOULDER PRESS	3	15-20
CABLE MACHINE FRONT RAISES	3	15-20
DUMBBELL SIDE LATERALS	3	15-20
REVERSE PEC DEC	3	15-20
SUPERSET 2		
MACHINE SHOULDER PRESS	3	15-20
PLATE FRONT RAISES	3	15-20
MACHINE SIDE LATERALS	3	15-20
HIGH ROPE PULL ON CABLE	3	15-20