

Shoulder Routine For Beginners n Intermediates

Beginners:

Smith Machine Front Press 3 X 10-12

Side Laterals 3 X 10-12

Reverse Pec Deck 3 X 10-12

Dumbbell Shrugs 3 X 10-12

Intermediates:

Military Press 3- 4 X 8-12

Side Laterals 3- 4 X 8-12

Bent Over Laterals 3- 4 X 8-12

Upright Rows 3- 4 X 8- 12

Smith Machine Shrugs (heavy) 3- 4 X 8-12

Every 3 weeks (only for intermediates) do super sets OR drop sets

Military Press superset Side Laterals 3- 4 X 10

Upright Rows superset Bent Over Laterals 3- 4 X 10

Smith Machine Shrugs (heavy) 3- 4 X 8-12

Drop Sets:

Do a drop set in last set of every exercise. Ie: 20 kg X 10 immediate do 15kg X as many reps as possible.

Wong Hong (Mr Universe, 2 X Mr.Asia)