

My Favorite Shoulders Routine

Military Olympic bar Front Press 4 X 12, 10, 8, 8

superset with

Alternate Front Raises with dumbell (palms face up) 4 X 10, 10, 10, 10

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Smith MAchine behind neck press 4 X 12, 10, 8, 8

superset with

Side laterals 4 X 12, 12, 12, 12

Super wide grip Olympic bar upright rows 4 X 12, 10, 8, 8

superset

Bent over laterals 4 X 10, 10, 10, 10

Shrugs 4 X 10, 10, 10, 10

* Above routine is only for advanced bodybuilders. I bet your shoulders will be crying after you complete the workout. Beginners and intermediate dont even try it yet. I will have more rountines for beginners and intermediate soon. Remember you want those cannon ball delts. REAL delts!!