

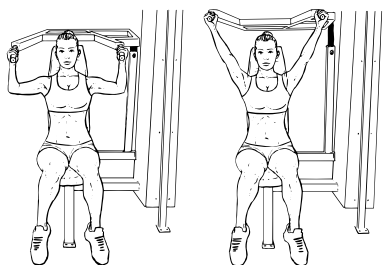
# Shoulder Shocker

Back, Legs, Shoulders

BP

Brian P.

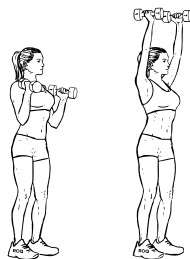
## Machine Seated Shoulder Press



**5 sets 8 reps**

superset with dumbbell deadlifts

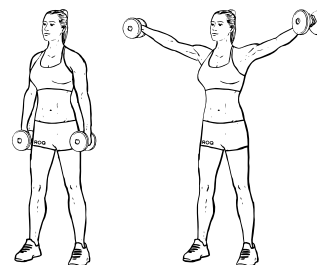
## Standing Dumbbell Overhead Shoulder Press



**5 sets 8 reps**

superset with side lunges

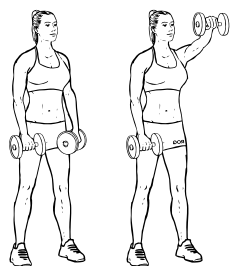
## Dumbbell Lateral Raises / Power Partial



**5 sets 10 reps**

superset with front raise/step ups

## Forward / Front Dumbbell Raises

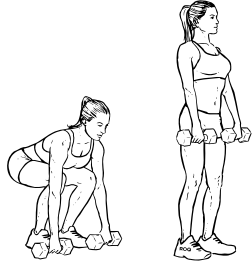


**5 sets 10 reps**

superset after lateral raise/step ups



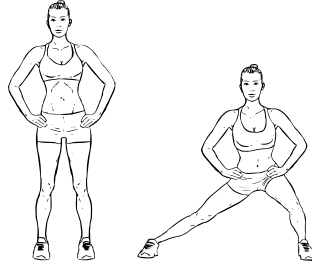
**Dumbbell Deadlifts**



**5 sets 20 reps**

superset with shoulder machine press

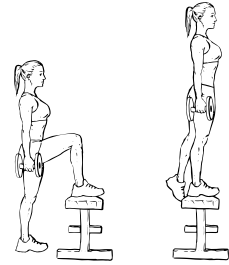
**Bodyweight Side Steps / Lateral Lunges**



**5 sets 15 reps**

superset with dumbbell press

**Dumbbell Step-Ups**



**5 sets 10 reps**

10 reps each leg, superset after front raise/lateral raise