

Shoulder Workout

Barbell shoulder press	8 reps	4 sets
Dumbbell press	8 reps	5 sets
Upright row	8 reps	5 sets
Side Lateral raise	10-12 reps	3 sets
Front Lateral raise	10-12 reps	3 sets
Seated bent over rear delt raise	10-12 reps	3 sets