



STRENGTH : ATLAS SHRUGGED SHOULDERS : 30 MIN

WARM UP

5 minute warm up at HR 120 or less

MAIN SETS // perform 1 set

- **Barbell Push Press** // 3 sets of 15 + low weight // With the barbell atop your upper chest, bend your knees slightly and explode upward on the balls of your feet while pressing the bar overhead. Your lower body, core, delts, triceps, and upper pecs are all involved.
- **Dumbbell Incline Row** // 3 sets of 20 + low weight
- **Standing Military Press** (Barbell Or Dumbbell) // 3 sets of 15 + low weight // Keep the bar just off your upper chest, and press straight overhead, stopping just short of lockout. Maintain a slight bend in your knees to absorb subtle changes in your center of gravity and relieve some of the stress on your lower back. Be sure to maintain a neutral hip position. Tipping your hips forward or sticking your butt back can wreak havoc with your lumbar spine.
- **Upright Row** // 3 sets of 15 + low weight
- **Arnold Press** // 3 sets of 10 + low weight // Start with the dumbbells in front of your shoulders with your palms facing you. Press the weights overhead while simultaneously rotating your wrists, so that, in the top position, your palms face forward. Rotate your wrists in the opposite direction when lowering the weights.
- **Dumbbell Lateral Raise** // 3 sets of 10 + low weight
- **Front Dumbbell Raise** // sets of 10 + low weight

STATIC STRETCH // Touch toes : hold 1 minute // Quad hold : 1 minute each leg // Calf stretch : 1 minute each leg // Side lunge : 1 minute each leg