

Shoulders consist of broadly four parts. The Trapezius and the three heads of the deltoid; anterior (front), medial, and posterior (rear). In an essential workout you want to target all corners without neglecting one or the other. A lot of people work on what they can see in the mirror so the back and rear deltoids get neglected a lot which then leads to bad posture. The deltoids can take a pretty good amount of poundage so it's good to hit them with high volume. This workout will focus on high reps with short rest. The weights should be light to moderate where you can control the entire range of motion at all times. Never let the weight control you, that's how you get hurt. That doesn't mean you should get use to light weights that's too easy. Pursuit for progressive overload that is adding weight per set to challenge yourself and aid your body in the road to grow stronger. Now go workout and don't forget to warm up those rotator cuffs before you start!

Shoulders 1	Exercise	Rest Between Sets	Sets	Reps	Note
	Warm-Up				Make sure to get the rotator cuff warm
1	Static Press	30 seconds	3 sets	15 reps each	Go up in weight each set. If you're not struggling in the last few reps, it's not heavy enough.
2	Incline Lateral Raise	30 seconds	3 sets	15	Isolation: Use a fairly light weight (5-15 lbs)
3	Decline Lateral Raise	30 seconds	3 sets	15	Isolation: Use a fairly light weight (5-15 lbs)
4a	Around The World	30 second rest between supersets	3 sets	15	Remember palms face forwards
4b	EZ Bar Supinated Front Raise			15	Don't arch your back
5	Reverse Pec Dec	30 seconds	3 sets	15	Keep arms within peripheral vision

Pre workout recommendation: HYPE by Blackstonelabs.com (Discount Code: DRAGONIZUMI)