

Before you jump in watch the introduction video so you know what you're doing and get the most of this work out. Because of my previous rotator cuff injury from my bboy days I am a big advocate about preventing injury to that area. I also focus mainly on the rear deltoids. Honestly, your front deltoids do not need that much attention since you already work them when you do a chest workout. That's why a lot of people lack balance in their anterior and posterior deltoids typically. When you have a weak back side and do too much chest workouts, you tend to see a pattern of rolled in shoulders that will cause pain and injuries in the long run. Also a lot of amateurs will try to lift the weight with their wrists. For medial and posterior (rear) deltoid movements, always pull with your Elbows. That will help you with strict motion targeting the working muscle thus you shouldn't have to go so heavy either. Too many times do I see people using weights that are too heavy and end up swinging the dumbbell. That again risks injury and doesn't build muscle. Also by pulling with your elbows rather than your wrists, you'll avoid Seagulling.

	Exercise	Rest Between Sets	Sets	Reps	Note
	Warm-Up				Make sure to get the rotator cuff warm
1	Seated Reverse Flye	30 second rest	1 warm up set + 3 working sets	12-15	Go up in weight each set
2	Incline Overhead Press	1 minute rest	1 warm up set + 3 working sets	8-10	Set the incline down 10 degrees rather than keeping a straight 90 degree angle
3a	Standing Lateral Raise	go straight to 3b	4 supersets	10	No Seagulling.
3b	EZ Bar Supinated Front Raise	30 second rest between supersets		10	Keep a slight forward bend in torso
4	180 Reverse Pec Dec	Alternate with no rests in between	4 sets	10 each	Pull with your elbow, not with your wrist
5	Face Pull	15-20 second rest	5 sets	10 reps	add 5-10 partial reps on the last set