

If you have worked through “Shoulders 1” or are a direct client of mine you probably have the foundation covered. This workout will focus on hitting the shoulders both with heavy weight and high volume. High volume is great, but occasionally the muscle needs a shocking principle to avoid a peak in growth. Also my theory is that the anterior (front) deltoid gets enough stimulation from other exercises such as a chest workout. To balance out the deltoid this workout will focus primarily on the posterior (rear) deltoid while covering all four sections of the shoulder. Now take your pre workout and go show them who’s boss.

Shoulders 2	Exercise	Rest Between Sets	Sets	Reps	Note
	Warm-Up				Make sure to get the rotator cuff warm
1	Overhead Press (Machine)	1 minute or so	4 heavy sets (Progress Overload)	1-15	Go heavy, add weight each set. Do as many reps as you can. If you only get one rep on the last set that’s fine.
2	Lateral Raise (Machine)	30 seconds	4 sets (Progress Overload)	5-15	Start with a weight you can do 15 reps. Add weight each set. Hold the last rep on each set.
3	AJ Rows	30 seconds	3 heavy sets	10-15	Should be able to go fairly heavy and stay in the rep range. Challenge yourself.
4	Seated Reverse Flye	30 seconds	3 sets	15	Remember to pull with your elbows along a parallel line
5a	Face Pull	30 seconds between supersets	3 supersets	15	Metal goes between your eyes
5b	Bus Driver			20	Keep that wheel up while you turn it

Pre workout recommendation: DUST v2 by Blackstonelabs.com (Discount Code: DRAGONIZUMI)