



# **SHOULDER WORKOUT PLAN PDF**

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	Exercise	Muscle(s) worked	Equipment Options		Warm-up Sets		Working Sets	
			Full Gym (preferred)	Garage Gym	Set 1	Set 2	Set 3	Set 4
Shoulder A	Pendulum Squat, or Hack Squat, or Leg Press, or Heel Elevated Squats	Anterior deltoid, middle deltoid	Incline Chest Press Machine, or Smith Machine w/ Incline Bench	Dumbbells, Adjustable Bench	12-15	8-10	6-8	6-8
	Hip Thrusts	Middle deltoid	Cable Machine or Seated Deltoid Machine	Dumbbell, Standing, Seated, or Supported with high incline bench facing forward	12-15	8-10	6-8	6-8
	Chest Press	Posterior deltoids, Middle and lower divisions of trapezius	Chest-Supported Seated Row Machine, or Seated Cable Row Machine	Dumbbells, Bench	12-15	8-10	6-8	6-8
Shoulder B	Thumbs Up Front Raises	Anterior deltoid	Cable Machine, single or both arms. Option: Dumbbells	Dumbbells	12-15	8-10	6-8	6-8
	Upright Row	Middle deltoid, Middle trapezius	Cable Row Machine, Lying supine recommended	Barbell, or Dumbbells	12-15	8-10	6-8	6-8
	Rear Delt Flies	Posterior deltoids	Rear Delt/Pec Deck Machine, or Cable Machine	Dumbbells and Incline Bench, Prone (face down)	12-15	8-10	6-8	6-8
	Barbell Plate Raises	Middle and lower trapezius, rhomboids, anterior and middle deltoids	Barbell Plate. DB Option: face forward supported on high incline bench.		12-15	8-10	6-8	6-8

## Application Notes:

- First two sets are intended as warm-ups. If needed add a warm-up set or two. Goal is to prepare yourself for those last two all-out sets.
- Recover between each set so you can do the next with the same or greater intensity. One to two minutes for warm-up sets, and three minutes for "working" sets is a good general guideline. Train yourself to go by "feel" and try not to get stuck into watching the clock.
- Three minutes of rest time for upper body. One to two minutes for Legs and Arms.
- Progressive overload always applies. Increase resistance or reps once the load or top end of rep range gets easier.
- Don't use momentum: no launching, kipping, hitching, swinging, etc. Make the target muscles do all the work.
- Concentrate on perfect form. Be relentless in your self-critique.

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## How to add the Shoulder Workout to an Upper-Lower Split

We've got a [4 Day Upper-Lower split routine](#) that you can easily add this Shoulder routine to. It's actually the split I use to great effect. You can incorporate Shoulder A into Upper A, and Shoulder B into Upper B. It should look like this:

		Warm-up Sets		Working Sets	
	Exercise	Set 1	Set 2	Set 3	Set 4
Upper A	Dumbbell Bench Press or Smith Machine Bench Press	15-20	10-12	8-10	8-10
	Underhand Dumbbell Press	15-20	10-12	8-10	8-10
	High Incline Shoulder Press	12-15	8-10	6-8	6-8
	Lateral Raises	12-15	8-10	6-8	6-8
	Seated "High" Row, elbows up	12-15	8-10	6-8	6-8
	Palms-up Cable or DB Raise	12-15	8-10	6-8	6-8
Upper B	Lat Pull-ins (seated 45 degrees pulling high to low)	15-20	10-12	8-10	8-10
	Pull-ups or Lat Pulldowns	10-12	10-12	10-12	
	Cable Rows	10-12	10-12	10-12	
	Rear Delt Flyes	12-15	8-10	6-8	6-8
	Barbell Plate Raises or Dumbbell "I" or "Y" Raises	12-15	8-10	6-8	6-8
	Upright Row	12-15	8-10	6-8	6-8
	Kelso Shrugs	15-20	10-12	8-10	8-10
	Thumbs Up Front Raises	12-15	8-10	6-8	6-8

\*The orange rows denote exercises from the Shoulder Workout Plan

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**Disclaimer:** The information provided in this shoulder workout plan is intended solely for general educational and informational purposes and is not meant as a substitute for professional advice from a healthcare provider. This workout regimen is designed to improve shoulder hypertrophy but might not be suitable for all individuals, especially those with pre-existing shoulder or joint issues. Before initiating this or any exercise program, it is essential to consult with a medical or fitness professional to ensure the activities are appropriate for your specific health condition and physical capabilities. Always perform exercises within your comfort zone and be cautious about form and technique. If you experience any pain, discomfort, or other adverse symptoms during these workouts, immediately cease the activity and seek medical advice if necessary. Safety should always be your top priority when engaging in physical exercise..