

Pre-Exhaust Shoulder Routine

Exercise	Sets	Reps
Dual Cable Lateral Raise	3	12,12,12
Reverse Pec Dec Flye	3	12,12,12
Dumbbell Front Raise	2	12,12
Seated Dumbbell Overhead Press	4	6,8,10,10
Smith Machine Upright Row	4	6,8,10,10
Smith-Machine Shrug	4	6,8,10,10