

## Rear Delt Emphasis Routine

Exercise	Sets	Reps
Seated Behind-Neck Barbell Overhead Press	5	6,8,8,10,10
Bent-Over Dumbbell Lateral Raise	4	8,8,10,10
Reverse Cable Flye	3	10,10,10
Reverse Pec-Dec Flye	3	10,10,10