

Shoulder Cutting Routine

Exercise	Sets	Reps
Seated Smith Machine Overhead Press <i>superset with</i>	3	10,12,15
Dumbbell Lateral Raise	3	12,12,12
Standing Dumbbell Overhead Press <i>superset with</i>	3	10,12,15
Reverse Pec Dec Flye	3	12,12,12
One-Arm Behind the Back Cable Lateral Raise	3	12,12,12
Smith Machine Shrug	3	12,12,12
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