

Shoulder Mass Routine

Exercise	Sets	Reps
Seated Overhead Press	5	6,6,8,8,10
Wide-Grip Upright Row	4	6,8,8,10
Barbell Shrug	5	8,8,10,10,12
Dumbbell Lateral Raise	3	10,10,10
Incline Bench Rear Delt Flyes	3	10,10,10
Alternating Front Dumbbell Raise	2	10,10