

Strength and Power Shoulder Routine

| Exercise | Sets | Reps |
|--------------------------------------------------|------|--------------|
| Decline Power Push Up* | 3 | 5,5,5 |
| Seated Barbell Overhead Press (in power rack) | 6 | 10,8,6,5,5,3 |
| Standing Barbell Press | 6 | 10,8,6,5,5,3 |
| Dumbbell Lateral Raise | 3 | 10,10,10** |
| | | |
| | | |
| | | |

* This is just like a standard push up with your feet elevated on a bench and palms on the floor, except you push up explosively so your hands leave the floor on each rep. This move enhances power and fires your fast twitch muscle fibres.

** On your last set, after failure at around 10 reps or so, drop the weight and rep until failure again.