

GYM RETRO



SHOULDER PROGRAM

EXERCISE

-SETS -REPS

RECORDED WEIGHT

EACH EXERCISE HAS A YOUTUBE VIDEO LINK
CLICK ON THE EXERCISE TO VIEW VIDEO

CARDIO WARM UP

5 - 10 MINS

REVERSE LAT PULL DOWN

10 REPS
2-3 SETS

PLANK ROWS

10 REPS
2-3 SETS

PUSH UP WITH TWIST

20 REPS
2-3 SETS

DUMBBELL SNATCH

10 REPS L-R
2-3 SETS

DUMBBELL CROSS OVERS

10 REPS L-R
2-3 SETS

BAR RAISES

10 REPS
2-3 SETS

SERRATIS PULL OVER

10 REPS
2-3 SETS

BARBBELL CROSS OVERS

10 REPS L-R
2-3 SETS



Adobe Acrobat Reader

TEXT 0409 248 686 - FOR A SUPPORT CALL BACK