



SHOULDERS & TRICEPS

	SETS	REPS/TIME	EXERCISE	EXERCISE SWAP	TIPS/TRICKS
A1	4	10-12	DB Around the Worlds	DB Side Raises	Seated and DBs hanging by your side. Perform a side raise hold at the top, bring dumbbells into the middle so they are almost touching. Pause there and return to side raise position pause, and return back to start position.
A2	4	15-20	DB Reverse Skiers	DB Reverse Fly	Tilt forwards at hips, keep chest up & arms straight. Squeeze rear of shoulders as you pull DBs back. Pause and return to start position
B1	4	12,10,8,8	DB Arnold Press	DB Shoulder Press	Sitting upright on a bench hold two DBs in front of your chest palms facing your body. Raise the DBs as you rotate the palms of your hands until they are facing forwards. Drive through FRONT of Shoulders like a normal shoulder press, until DBs are above your head. Slowly lower to start position.
C1	4	10-12	Tricep Bench Dips	Tricep Rope Extensions	Tuck your elbows in at your sides. Slowly lower to a 90degree bend in your elbows. Pause & return to start.
C2	3	10-12	DB "L" Raise	DB Frontal Raises	One DB on the front of the left thigh, one on the side of the right thigh, raise both DBs straight up in a "L" position to shoulder height. Pause and slowly lower. Repeat on the opposite side. That's one rep.
D1	3	12-15	DB Skull Crushers	BB Skull Crushers	Lying flat on a bench and DBs Straight above your chest. Slowly lower towards your forehead. Tuck elbows into your side, pause & squeeze triceps on the way up.
D2	3	8	Tricep Pushups	Trice pushdowns	Performed like press ups, but your hands are closer. Tuck your elbows in when you lower and drive back to the top using your triceps.