

Advanced 12wk Shoulder Intensive Workout

Monday Lower

	Exercise	Sets	Reps
A1	Hex Bar or Straight Bar BDL*	3	10
B1	Bulgarian Split Squat	3	8
B2	Farmer's Carry (heavy)	3	30 yd.

* Bent Leg Dead Lift — The progression was as follows:

Weeks 1-3 3 x 10

Weeks 4-6 5 x 10

Weeks 7-9 7 x 10

Weeks 9-12 10 x 10

Monday Shoulder

	Exercise	Sets	Reps
A1	TRX 3-Way Shoulder Series *	3	6
A2	Triceps Pushdown	3	15
B1	Trap Bar Shrug	5	10
B2	Lateral Raise	4	21's
B3	DB Wrist Curl **	4	15

* TRX 3-Way Shoulder Series — 6 rear delt raise, 6 mid/rear raise, 6 front raise

** DB wrist curl — Up/down = 1 rep.

Tuesday Upper

	Exercise	Sets	Reps
A1	Low Incline Bench Press *	3	6
A2	Overhand chest supported 2 DB row (inc. bench face down)**	3	15

B1	Dumbbell Fly / Squeeze Press Combo	4	8
B2	Single arm Heavy DB or Landmine Row	4	8

* Low Incline Bench Press — The progression was as follows:

Weeks 1-3 3 x 6

Weeks 4-6 4 x 6

Weeks 7-9 5 x 6

Weeks 10-12 6 x 6

* * Chest Supported row— Do an equal number of sets of pulls as presses, so the volume increased every three weeks.

Tuesday Shoulder

	Exercise	Sets	Reps
A1	Arnold Press	3	12
A2	Seated Dumbbell Curl	3	12
A3	Band Pull-Apart	3	15
B1	Single Arm Incline Bench Lateral Raise	3	10
B2	BB Wrist Curl / Reverse Curl	3	10 / 10
B3	Pushups *	3	AMRAP

* Pushups — As many reps as possible.

Wednesday Back

	Exercise	Sets	Reps
A1	Lat Pulldown (1.5 reps)	3	8
A2	Straight Arm Pulldown	3	10
A3	Face Pull	3	12
B1	Dumbbell Pullover	3	10
B2	Kayak Row	3	8 / side

Thursday Lower

	Exercise	Sets	Reps
A1	BB RDL	4	8
A2	Hip Thrust	3	10
B1	Single Leg RDL	3	8 / side
B2	Bulgarian Split Squat w/OH Plate	3	8
C	Battle Ropes *	5	30

* Battle ropes — up/down, up/down counts as 1.

Thursday Shoulder

	Exercise	Sets	Reps
A1	TRX 3-Way Shoulder Series *	3	6
A2	Dip	3	15
B1	Heavy Shrug	5	10
B2	Lateral Raise	4	10
B3	Plate Hold	4	30 sec.

* TRX 3-Way Shoulder Series — 6 of each exercise.

Friday Upper

	Exercise	Sets	Reps
A1	Seated Barbell Overhead Press *	3	6
B1	Barbell Bent Over Row	5	10
B2	Plyo Pushup (Hands on DB-Floor)	4	10

* Seated Barbell Overhead Press — Bench was set to a very high incline, not totally vertical. The progression was as follows:

Weeks 1-3 3 x 6
Weeks 4-6 4 x 6
Weeks 7-9 5 x 6
Weeks 10-12 6 x 6

Friday Shoulder

	Exercise	Sets	Reps
A	Shoulder Complex *	5	
B	TRX Inverted Row / Pushup Countdown **	1	
C1	TRX Biceps Curl	3	15 yd.
C2	TRX Triceps Extension	3	10

* Shoulder Complex (using kettle bells) — Consists of the following:

- 6 Muscle Snatches
- 6 Upright Rows
- 6 Overhead Press
- 6 Push Press
- 6 Bent Over Rows

** TRX Inverted Row / Pushup Countdown — Consists of the following:

- 10 rows / 20 pushups
- 8 rows / 16 pushups
- 6 rows / 12 pushups
- 4 rows / 8 pushups
- 2 rows / 4 pushups

For a total of 30 rows, 60 pushups. Going back and forth with little to no rest.