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## 8 SHOULDERS

### WEIGHT SELECTION

Barbell with Sleep - Chest weight.  
2x light/medium plates

### TRACK FOCUS

Match your coaching and execution of the moves to the energy of this track. Be explosive in the single reps and then dramatic with control in the slower reps.

### MUSCLE FOCUS

**Bar work:** Deltoids, trapezius.  
**Plate work:** Rotator cuff, muscles of the upper back.  
**Pushups:** Pectoralis, triceps, deltoids and core.

SET	MUSIC	EXERCISE	REPS
1	0:05 (bars)	42 SET UP Pushup	
	0:18 (bars) (Sleep)	42 1/2 PUSHUP	2x
	0:30 (deltoid)	42 Options: kneeling, on knees or feet L/D	4x
RECOVERY	0:46 (Synth)	24 Transition: Standing Upright Row	
2	0:53 (bar) (bar) (bars)	14 1/2 STANDING UPRIGHT ROW	1x
	0:56 (bar)	14 Transition: 1st phase of Standing Upright Row (1-4)	1x
	0:58 (deltoid)	60 COMBINATION 1	2x
RECOVERY	1:27 (Synth)	24 Bar down, shake out arms	
3	1:34 (bar)	10x Repeat SET 2	
RECOVERY	2:08 (Synth)	24 Bar down, shake out arms	
4	2:15 (bar) (bar) (bars)	10x Repeat SET 2	
RECOVERY	2:49 (bar)	42 Bar down, shake arms Transition: Pick up plates	
5	3:03 (bar) (bars)	24 1/2 STANDING SIDE RAISE	2x
	3:10 (deltoid) (bar)	14 1/2 STANDING SIDE RAISE STRONGER	1x
	3:13 (bar)	14 1/2 STANDING SIDE RAISE	1x
RECOVERY	3:16 (deltoid)	120 COMBINATION 2	2x
RECOVERY	3:57 (bar)	42 Pulse down, shake arms Transition: Pick up plates	
6	4:11 (bar) (bar) (bars)	10x Repeat SET 5	
7	5:06 (Synth)	60 1/2 PUSHUP Options: kneeling, on knees or feet	10x

RECOVERY: Shake the arms, Shoulder Stretch (arms across front of body).

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