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Workout plan 1

Day 4: Shoulders, Back, Obliques, Cardio

Warm up

- start with 5 minutes of cardio of your choice
- move into some rotator cuff stretches, followed by some back stretches
- warm-up set of 1/3 of your working weight for dumbbell shoulder press + lat pulldowns for approximately 10 reps
- move into another set of rotator cuff stretches and then some back stretches
- warm-up set of 2/3's of your working weight for dumbbell shoulder press + lat pulldowns for approximately 10 reps
- take about a minute rest

Strength Superset

- 3 working sets of shoulder dumbbell press + lat pulldowns in the 5-8 rep range. Take approximately one to one and half minute rest in between sets
- take about a minute rest after third and final set

High intensity Superset

- 3 sets of 10-12 reps
 - front lateral raises + machine rows
- Take only 30-45 seconds rest in between sets

Oblique Twists

- 3 sets of 10-12 reps (ideally to failure each set)

High intensity superset

- 3 sets of 10-12 reps.
 - barbell shrugs + close-grip pulldowns
- Take only 30-45 seconds rest in between sets

Cardio

- Finish off this workout with 15 minutes of cardio of your choice