

Boulder Shoulders

Session 1

- 1a. Javelin Press 4 x 10e
- 1b. Cuban Press 4 x 10
- 1c. DB Lateral Raise 4 x 12

Session 2

- 1a. Seated DB Snatch (single arm)
+ 6 seconds eccentric 3 x 6
- 1b. Shoulder Press 3 x 6
- 1c. KB Lateral Raise 3 x 12
- 1d. Plate Front Raise to Bus Driver 3 x 12

Session 3

- 1a. Seated Muscle Snatch 3 x 5
- 1b. Snatch Grip Press Behind Neck 3 x 5
- 1c. Clean Grip Press Behind Neck 3 x 5
- 1d. Savickas Military Press 3 x 5
- 1e. Bradford Press (Standing) 3 x 5
- 1f. Push Press 3 x 5

Session 4

- 1a. Plate Front Raise 3 x 15
- 1b. Plate Shoulder Press 3 x 15
- 1c. Overhead Plate Walk 3 x 50m

Session 5

- 1a. Cable face Pull with External Rotation 3 x 12
- 1b. KB Lateral Raise 3 x 12
- 1c. Upright Row (snatch grip) 3 x 12



Big Back Maniac

Session 1

- 1. Bent-over Row 5 X 5
- 2. Yates Row 4 X 10
- 3. Shrugs 3 x 15

Session 2

- 1a. Wide Grip Pull Ups 5 x 5
- 1b. Neutral Grip Pull Ups 5 x 5
- 1c. Shoulder width Chin Ups 5 x 5

Session 3

- 1. Turkish Row 3 x 12
- 2. One Arm DB Row 3 x 12
- 3. KB Renegade Row 3 x 12

Session 4

- 1a. Fat Man's Row x 50 reps AMRAP
30s rest between sets
- 1b. Push ups x 100 reps

Session 5

- 1a. Muscle Snatch from Hang 5 x 5
- 1b. Overhead Shrug 5 x 10
- 1c. Snatch Grip Bent-over Row 5 x 15



Pectoral Punishment

Session 1

- 1a. One Arm DB Bench Press 5 x 10
- 2b. Low to High Cable pulley 5 x 15

Session 2

- 1. Triple Drop DB Incline Bench Press 5 x 5/5/5
45/30/15 degrees

Session 3

- 1a. Push Up drop set 5 x max
With chains or plates

Session 4

- 1a. Feet Elevated Push up 5 x max
- 1b. Normal Push Up 5 x max
- 1c. Hands Elevated Push up 5 x max

Session 5

Eccentric Overload Incline or Flat Bench Press 3 – 5 reps, 110% with 5 second eccentric strip weight and perform concentric as fast as possible from a dead stop, 3 – 5 sets, after last set perform drop sets at 80% and 60% for maximum reps or 50 ring dips in as few sets as possible.



Arms Race

Session 1

- 1a. Matrix EZ Barbell Curl 5 x 5
- 1b. Triceps Death Board Presses 4 x 5
Swiss Bar medium grip
(3 board, 2 board, 1 board, no board)

Session 2

- 1a. Seated DB Hammer Curls 4 x 6
with 5 sec Iso hold at mid-range
- 1b. Swiss Bar JM Presses 4 x 6

Session 3

- 1a. Slow Barbell Curls 5 x 5:5 then 5 as fast as possible 5 x 5/5
- 1b. DB Rolling Thunder Triceps Extensions 5 x 10

Session 4

- 1a. DB Twist Curls 4 x 12
- 1b. Low Incline DB Tate Presses 4 x 8

Session 5

- 1a. Close grip Supinated Chins x 50
- 1b. Dips x 100

*In as few sets as possible minimum rest between sets.

