Boulder Shoulders

S	ession	1

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

Session 2

Ta. Seated DB Shatch (single arm)	3 X b
+ 6 seconds eccentric	
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

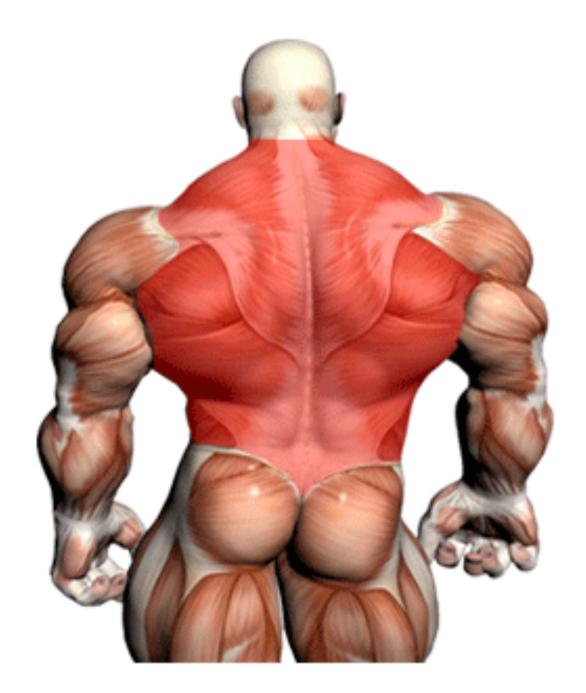
1. Turkish Row	3 x 12
2. One Arm DB Row	3 x 12
3. KB Renegade Row	3 x 12

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
6	
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.

