

Equipment:

Dumbbells, Weight Plate (can sub in single dumbbell), Med Ball, Cable Column

Rest Time:

Varies based on the exercise - In general no more than 45-60 seconds

• Workout

• Instruxions

• GYM WORKOUT



- Watch
- TrackHISTORY

- 1 : SEATED DB PRESS . DROP SET
- SETS: 3
- REPS: 12 / To Failure
- After completing 12 reps of the dumbbell press, drop your initial weight in half and continue your reps until failure.




- Watch
- TrackHISTORY

- 2: CHEAT LATERALS . ISO HOLD
- SETS: 3
- REPS: 10-12
- Lean your body at a 45 degree angle for max recruitment of the delts for 10-12 reps and then hold the weight in the contracted position for 45 seconds.




- [Watch](#)
- [TrackHISTORY](#)

- 
- **3A : PLATE 8'S**
- **SETS: 3**
- **REPS: 10**
- **Perform the plate 8's for 10 reps and then without rest press the plate overhead until failure.**



- [Watch](#)
- [TrackHISTORY](#)

- 
- **3B : PLATE PRESS**
- **SETS: 3**
- **REPS: To Failure**
- **Perform the plate press to failure immediately after completing 10 reps of the plate 8's.**



- [Watch](#)
- [TrackHISTORY](#)

- 
- **4: HEAVY MED BALL CATCHES**
- **SETS: 3**
- **REPS: To Failure**
- **An insane front delt destroyer!**



- [Watch](#)
- [TrackHISTORY](#)

-
- 5: REAR DELT CROSS CABLE FLYS . DROP SET
- SETS: 2
- REPS: To Failure
- The best rear delt exercise! Use the "W" arm position for RC tie in! After conducting until failure, drop initial weight in half and continue until failure.

PERFORM IN STRAIGHT SETS MAKING SURE TO CHOOSE WEIGHTS THAT CAUSE YOU TO REACH FATIGUE AT THE PRESCRIBED REP TOTAL