

Equipment:

Dumbbells, Weight Plates

Rest Time:

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

- Workout

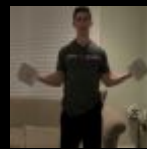
- Instruxions

- HOME WORKOUT



- Watch
- TrackHISTORY

- **1: PIKE PUSHUPS**
- SETS: 3
- REPS: 10
- Try to keep the angle "downhill" as much as you can. You can use a ball for these if needed.




- Watch
- TrackHISTORY

- **2: E.R. ROLLOUT PRESSES**
- SETS: 3
- REPS: 10 / F
- Great shoulder/ bicep/ RC tie in exercise! Conduct for 10 reps or to failure, whichever comes first.




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- **3: PLATE LATERALS (1 1/2 REPS)**
- **SETS: 3**
- **REPS: 10**
- **1 rep = 1 full and one 1/2 rep! Burn em out!**




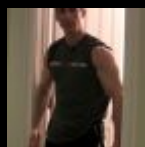
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- **4A: PLATE 8'S**
- **SETS: 3**
- **REPS: 10**
- **Don't cheat the range of motion on the 8's for 10 reps. Immediately go into the presses to failure.**



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- **4B: PLATE PRESS**
- **SETS: 3**
- **REPS: To Failure**
- **Don't cheat the range of motion on the 8's for 10 reps. Immediately go into the presses to failure.**



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- [Watch](#)
- [TrackHISTORY](#)
- [1](#)
- **5: DOOR JAMMERS**
- **SETS: 3**
- **REPS: 45 Sec**
- **An old party trick...and a deltoid definer like no other! Get those shoulders to stand out!**

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