

A muscular man, Jeremy Buendia, is shown from the waist up, wearing a white tank top. He is looking down and to his left. The background is dark with yellow and orange light streaks.

JEREMY FIT  
BUENDIA BUENESS

12-WEEK GUIDE

# BUILDING LEGENDARY SHOULDERS



BY JEREMY BUENDIA





# 12 WEEK GUIDE

## BUILDING LEGENDARY SHOULDERS

Shoulders are that one body part that can instantly give someone that “HOLY SH\*T” first impression. Seeing someone with capped out shoulders is something that is hard to go unnoticed. Whether you are rocking a tank top, t-shirt, or a dress shirt; when you have shoulders that are bulging out, everyone will know that hitting the weights is something that you do not take lightly.

Over the course of my career I have always felt as if my shoulders were a weak point. I never had those super round capped out shoulders. I didn't necessarily know why at the time. I came to the conclusion that several things, including: **AGE, TRAINING EXPERIENCE AND KNOWLEDGE, TRAINING TECHNIQUE, TRAINING INTENSITY, MUSCULAR IMBALANCES** as well as **PROPER NUTRITION AND SUPPLEMENTATION** are needed to spark and accelerate growth within the different parts of the shoulders.



After suffering a Pec Tear in October of 2017, and undergoing surgery Dec 28th, 2017, I was unable to train my upper body for 5 months. With that being said, my body deflated. I lost all of my size and a ton of my muscularity. I knew that my chest would never be the same, so I had to make improvements in other areas to make sure I still brought a certain “WOW Factor” to the stage. Nonetheless, I knew my shoulders were something I could really get to explode if I focused on them and utilized some new training methods and techniques to shock my muscle into growth! After completing this 12 week training program, I added a significant amount of SIZE, FULLNESS, & DENSITY to my deltoids! This program is intuitive, it takes understanding the physiological processes that take place when training each part of the shoulder.

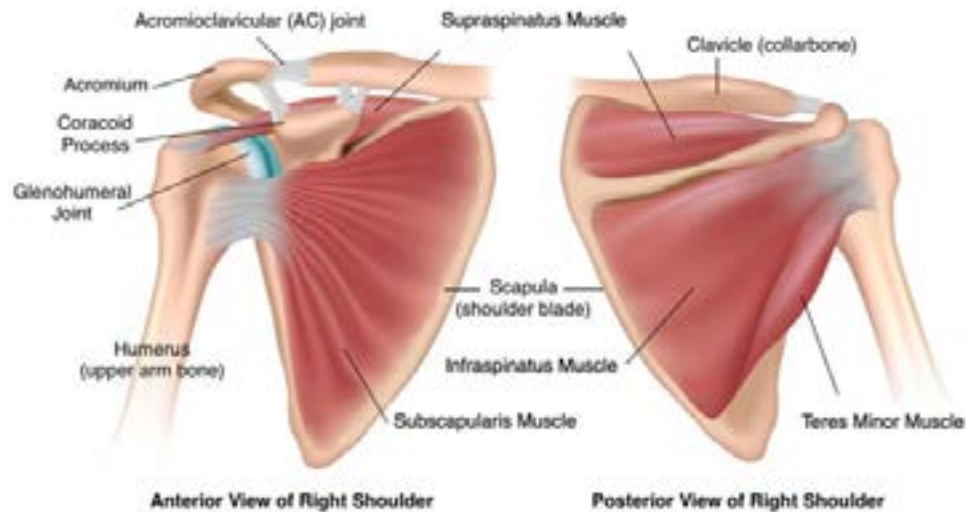


Top Photo: MAY 2018  
Bottom Photo: AUGUST 2018

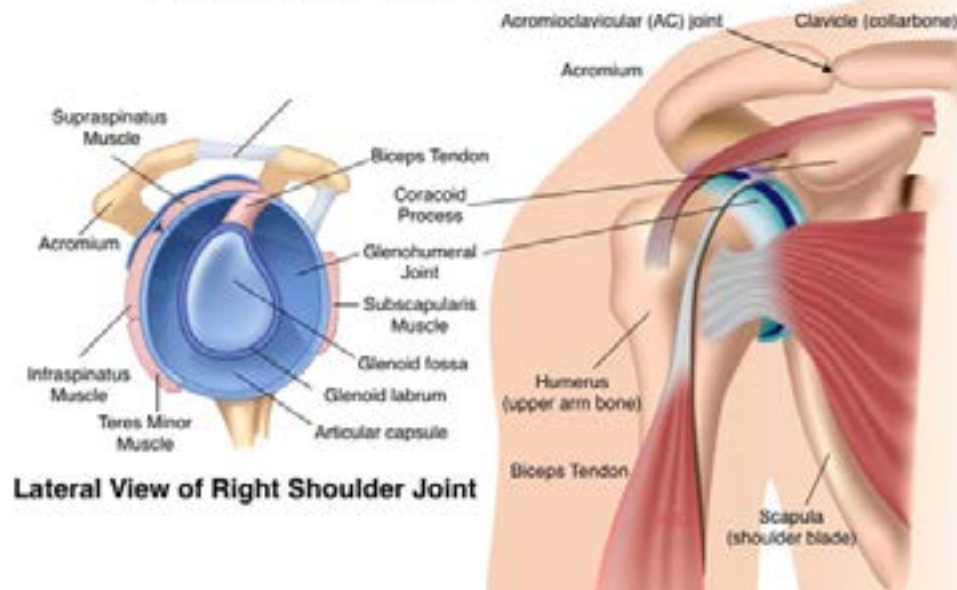


## Anatomy of the Shoulder Joint

Acromioclavicular (AC) Joint and Glenohumeral Joint



## Anterior View of Right Shoulder



It is very important to understand the anatomy and physiology of the shoulder. The shoulder is a very intricate muscle with lots of different insertions and attachments to your arm, chest, back, traps, and neck. You must have a good understanding of how the shoulder works because these attached muscles may be a reason why you have been having issues sparking growth in your shoulders.



The shoulder is made up of three major muscles: **Anterior Deltoid** (front deltoid), **Medial Deltoid** (middle deltoid) & the **Posterior Deltoid** (rear deltoid). Each Individual Head is responsible for a different motion.

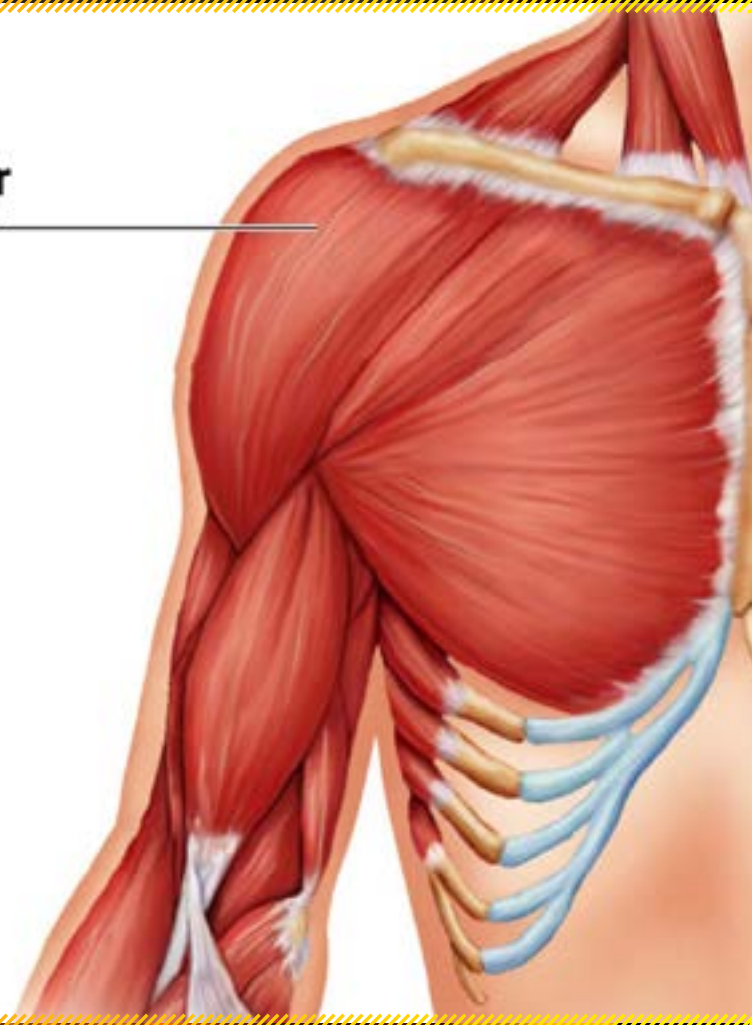


# ANTERIOR DELTOID

The part of the deltoid at the front of your shoulder. This part of the deltoid attaches to your collarbone. The anterior deltoid allows you to flex your arm at the shoulder joint and rotate the shoulder inward.

*Example: Hang your arm at your side and then raise it in front of you and up. This is an example of flexion at the shoulder joint thanks to the anterior deltoid. Now hang your arm at your side again and then rotate your entire arm in towards your body. Yep, that was the anterior deltoid at work again.*

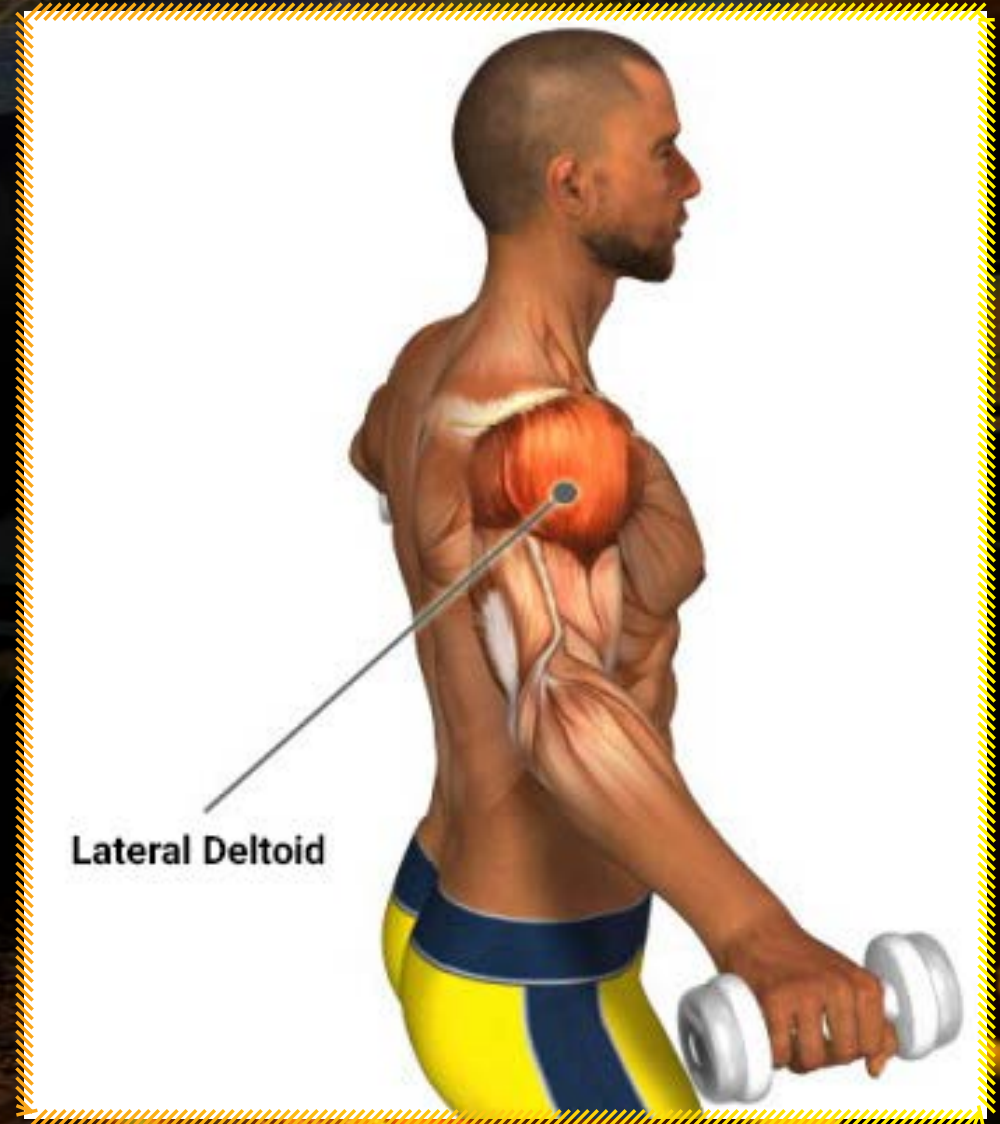
Anterior Deltoid



# LATERAL DELTOID

The part of the deltoid at the middle of your shoulder that attaches at your shoulder blade. Primary function is to abduct the arm from the body, or lift it laterally and away from the body (abduction).

*Example: Hang your arm at your side and lift it away from your side and up. This is an example of flexion of the shoulder joint due to the lateral deltoid.*



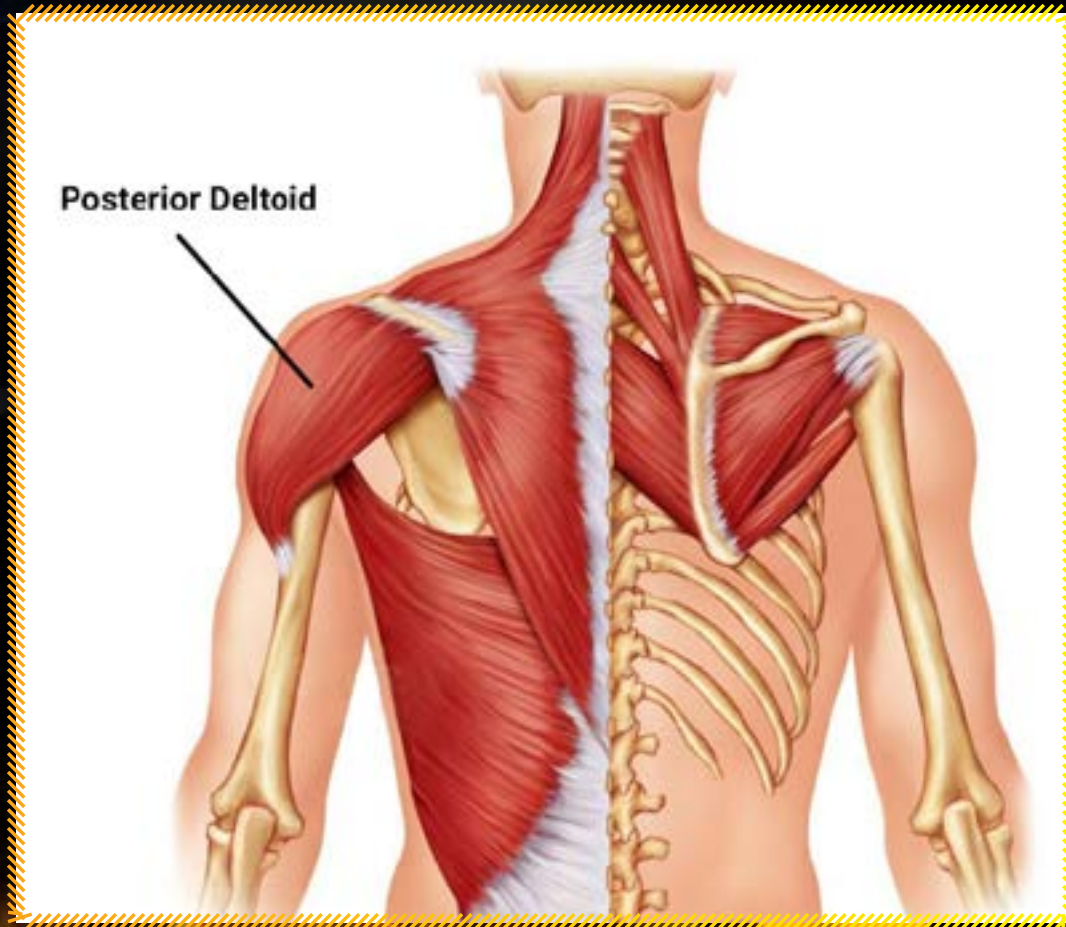


# POSTERIOR DELTOID

The part of your deltoid at the rear of the shoulder that attaches to the shoulder blade as well. Primarily used to extend the arm at the shoulders and laterally rotate your arm.

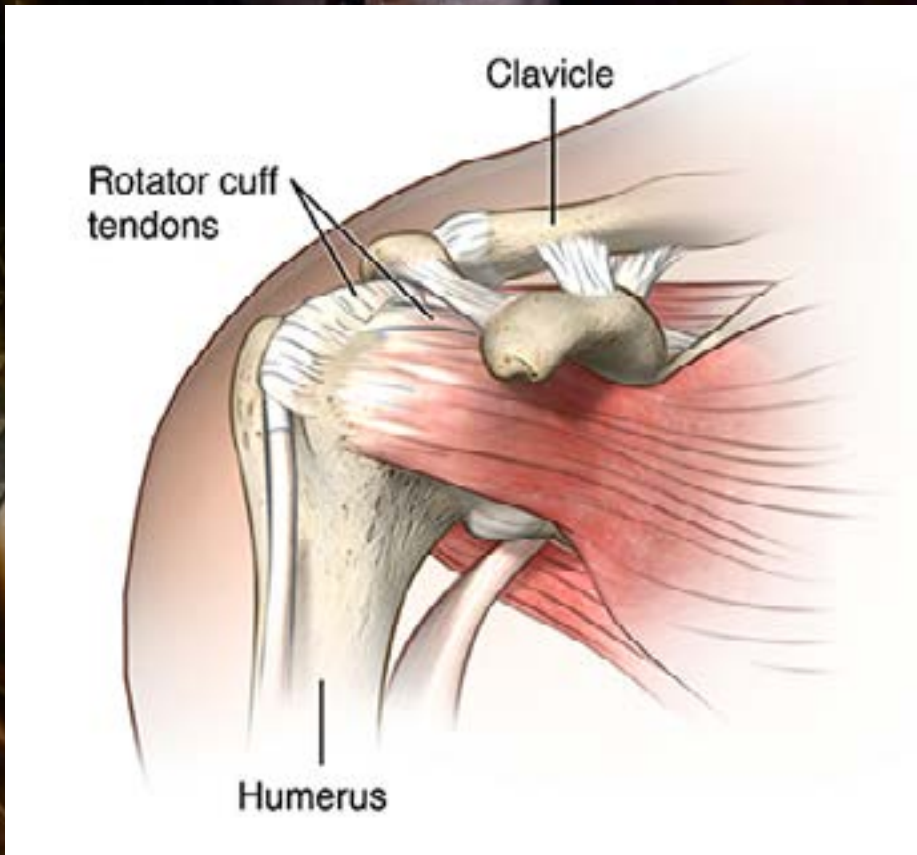
*Example: Put your arms out directly in front of you and pull them back laterally to your side. That is an example of flexion of the shoulder joint due to the rear deltoid.*

It is very important to understand the three different major muscles of the deltoid. Each part of the deltoid requires a different exercise in order to fire that specific isolated muscle.





# THE ROTATOR CUFF



*Example: Put your arms to your side with your elbows bent at 90 degrees, rotate your palm out to your side, and then rotate it back in. That motion is due to the rotator cuff.*

- The rotator cuff is a group of muscles and tendons that surround the shoulder joint, keeping the head of your upper arm bone firmly within the shallow socket of the shoulder.
- Injuring the rotator cuff is very common, and can be very painful. Most of the time it is a chronic issue that will progressively get worse if it is not treated.
- If you have a deep burning pain in your shoulder, more than likely that is a rotator cuff that is inflamed.
- It is very important to keep your rotator cuffs healthy, and to warm them up and stretch them properly before training.
- The rotator cuff is responsible for internal and external rotation of the shoulder.

VIDEO CLIP ▶





## AGE, TRAINING EXPERIENCE & KNOWLEDGE

It is important to understand that building great shoulders takes time. The longer you are training and the better you become at perfecting your form and technique, the more round and developed your shoulders will become. I can remember going to the gym when I was younger and I would see some guys with great shoulders and one of the things I noticed was that the majority of them were in their late 20's and 30's. With that being said, for you young guys, your natural testosterone levels still haven't peaked and your growth potential isn't at full capacity yet.

So it is very important for the younger guys to be patient, to master form and technique; so when your testosterone levels are flourishing in your later years, you will be able to maximize your gains because you are training correctly!

During this program we will identify & fix a lot of common problems hindering shoulder growth and I'll also teach you new training secrets that I have discovered this 2018 Olympia prep to give me the craziest deltoids I've ever had!





## MUSCULAR IMBALANCES CAUSE IMPROPER FORM & HINDER GROWTH

There are a handful of muscular imbalances that can restrict proper range of motion and development of the shoulders; however, I want to focus on the most common.

- **OVERACTIVE TRAPS  
& RHOMBOIDS**
- **TIGHT CHEST**
- **INABILITY TO ENGAGE LATS**



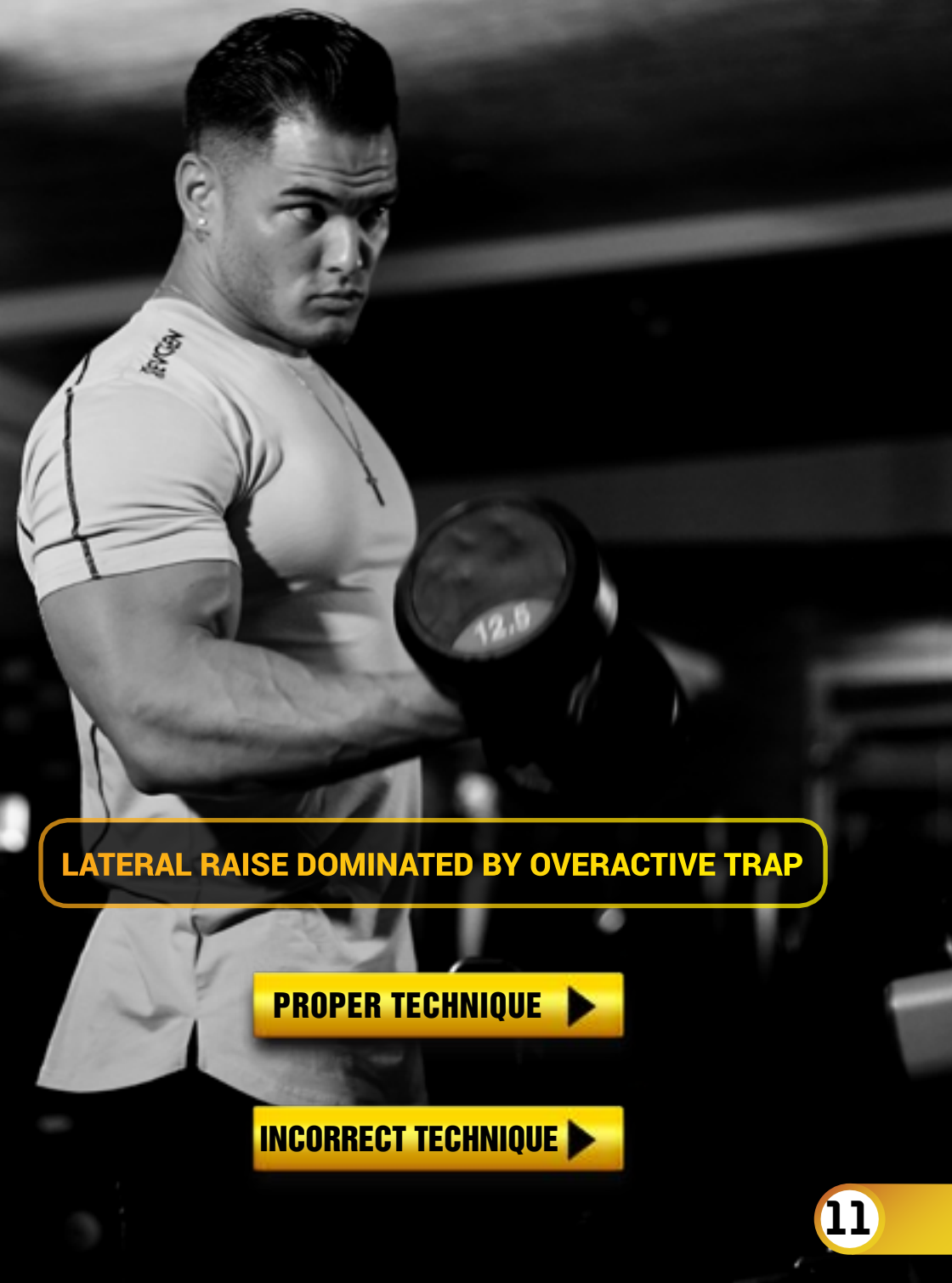


# OVERACTIVE TRAPS & RHOMBOIDS

It is very common to have overactive traps and rhomboids. When your traps and rhomboids want to take over, they will! They are muscles that your body likes to use, and that are used often from day to day. Most of the time, these muscles become tight due to bad posture and lack of stretching and mobility work.

If you are someone who feels burning in their neck and traps when training shoulders, it is due to those muscles being over utilized; those muscles are taking on the majority of the work during the shoulder exercise. This will cause the traps and neck to fatigue quickly, and more than likely cause a burning sensation that will hinder the range of motion when trying to perform a specific shoulder motion.

In other words, the tension or the work is taken off the intended muscle trained (the deltoid) and all the stress and work is being put on the secondary muscle (traps & rhomboids). As you would expect, this will prevent growth of the deltoids and will lead to further imbalances and damage to the secondary muscles.



**LATERAL RAISE DOMINATED BY OVERACTIVE TRAP**

**PROPER TECHNIQUE**



**INCORRECT TECHNIQUE**





## TIGHT CHEST

Having a tight chest will also cause imbalances to your shoulder development. If your chest is overactive, it will cause your anterior deltoid to dominate pressing motions. This will take away from the medial and posterior head of the deltoid because of the limited range of motion that comes with an overactive chest. With that being said, your chest will not grow, your anterior deltoids will take on additional stress which could put yourself at risk for shoulder injury.

### SHOULDER PRESS WITH A TIGHT CHEST

PLAY



VIDEO





## INABILITY TO ENGAGE LATS

Not being able to engage your lats into a proper lat spread will limit and hinder your shoulder growth. Keeping your lats engaged when performing your shoulder exercise will minimize any trap activation and will keep constant tension on the deltoids.

### LATERAL RAISE WITH LAT SPREAD

PLAY



VIDEO

### LATERAL RAISE WITHOUT LAT SPREAD

PLAY



VIDEO





# **FORM, TIPS, & TRAINING SECRETS**

Over the course of my 10-year bodybuilding career, I have trained with many of the greats. I have picked up a ton of knowledge from a handful of legends, each with their own philosophy and outlook on training. But, one must understand that everyone's body is different and some exercises and certain adjustments will work great for you individually where as other motions may not be as useful for you. Personally, during this prep, I've modified my technique on certain motions to help me engage that specific muscle slightly more. Some of my motions may be unorthodox, but nonetheless I'm able to target, engage, and contract the muscle more due to these small form adjustments.



# FORM, TIPS, AND TRAINING SECRETS

## SHOULDER PRESS

INSTRUCTIONAL ►

- Setting Shoulders
- Engaging Lats
- ROM
- Neutral Grip vs. Power Grip

## LATERAL RAISE

INSTRUCTIONAL ►

- Setting your Lats
- Good Base
- ROM (*Pendulum Motion*)
- Hand and Arm Placement
- Unorthodox Motion

## FRONT RAISE

INSTRUCTIONAL ►

- Setting your Lats
- Good Base
- ROM
- Various Grip

## REAR FLY

INSTRUCTIONAL ►

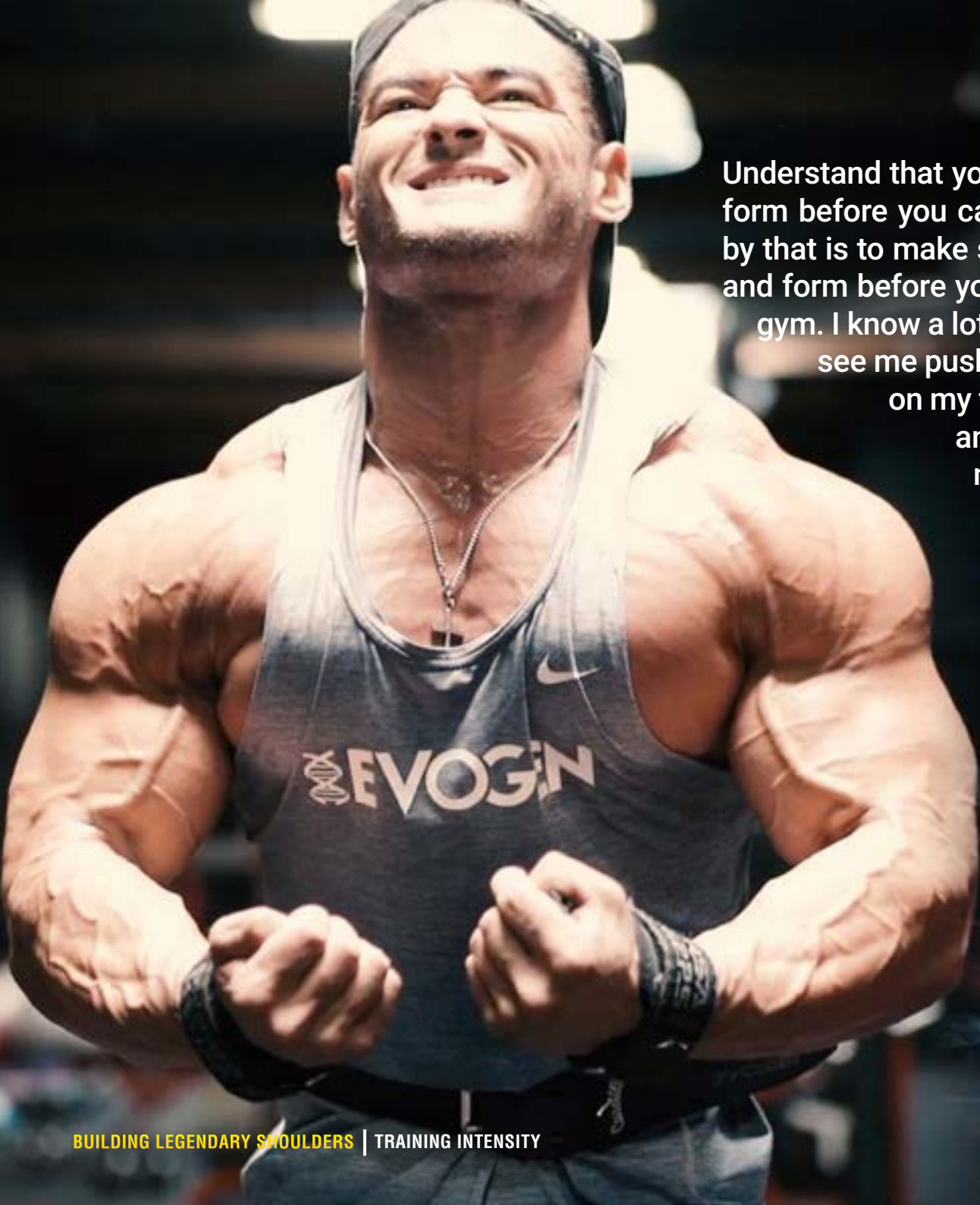
- Body Positioning
- Good Base
- Engaging Lats
- ROM
- Various Hand Placement
- Unorthodox Motion

## UPRIGHT ROW

INSTRUCTIONAL ►

- Body Positioning
- Good Base
- Engaging Lats
- ROM
- Various Hand Placement
- Unorthodox Motion





## TRAINING INTENSITY

Understand that you must first learn the fundamentals and proper form before you can become the Alpha in the gym. What I mean by that is to make sure you thoroughly understand your technique and form before you unleash everything and let yourself go in the gym. I know a lot of you guys have seen my training videos - you see me push heavy weights and see my intensity and strain on my face. I'm able to train this way because my form and technique is locked in and is secondary to me now. No matter how heavy I go, I have the same technique. If I can't perform a rep with perfect technique, the weight is too heavy. So before you let your mind go and activate absolute beast mode on the weights, make sure your technique is second nature to you. However, it's also important to realize that training intensity is the key to growth. The harder you push yourself, the more you will benefit!

In this 12 week program, I will break down the fine details of proper shoulder training. I will teach you how to fix your form and how to target the various parts of the shoulder. This program will give you some insane pumps and pack on the fullness and size you've been wanting from your deltoids!

# STRETCHING AND DIFFERENT FORMS OF THERAPY

Stretching is very important and will be a huge part of your success during this program. It is advised to stretch every morning for 10-15 mins before cardio, to follow the pre-workout warm-up daily, as well as stretching post workout and evening. Foam Rolling is a great tool to break up and loosen bound up muscles. Try foam rolling the muscle first, then follow it up with static stretching. I highly suggest seeing a sports massage therapist 1-2x per week as well. Utilize techniques such as scraping/graston, cupping, ultra sound, and deep tissue.







## TRAINING FREQUENCY

In this 12 week program shoulders are the focus. We will be training shoulders 2x week to maximize our growth!

## TRAINING SPLIT

I recommend a 6 day training split, while hitting shoulders 2x/week. This allows the body enough time to recover. If you train too soon, your body will not have an adequate amount of time to heal and you will just continue to tear down the muscle and you also put yourself at higher risk of training when a muscle hasn't fully recovered. Supplementing with Evogen Nutrition Supplements like Cell Kem, AminoJect, Glycoject, Isoject, EVP XTREME, and EvoGreens will help accelerate your recovery and accelerate growth!

A black and white photograph showing a person's legs from the knees down, running on a treadmill. The person is wearing dark athletic shorts and white sneakers with dark accents. The background is blurred, showing other gym equipment and a bright window.

## CARDIO

I like to do cardio year round. The amount and type of cardio I do is according to what I am trying to do with my physique at that point in time. In my offseason, when I'm eating a little more freely and I'm trying to grow slowly, I'll do about 20 mins of steady state fasted cardio. During my offseason, I use cardio as a way to help my metabolism handle more food. The more food I take in, the faster I will grow, because I have the metabolism to handle it. That's why a lot of guys get fat when they bulk, they start force feeding, but they cut their cardio out, so their metabolism slows.

When I want to lean up, I will clean up my diet first and then increase my cardio to 30-40 mins fasted in the morning to lean out. As I lean out, my diet adjusts as does my cardio. I try to always increase my cardio first to at least 40 mins before I start pulling my macros down. I use my cardio to help dictate my weight and diet, so don't let off your cardio, it is important!



# NUTRITION

On shoulder days we want to insure that we are maximizing our growth in every way possible. I advise to take a re-feed day with one post workout Cheat Meal on your shoulder training day. Eat a clean diet all week, and then up your caloric intake on back day to over nourish the muscle. Utilize red meats (extra sodium, fats, and creatine) as well as salmon (extra healthy fats and calories) 1-2x day as well as increasing your carbohydrates by 1.5x-2x the normal amount. Utilize simple carbohydrates (white rice, white potato, fruits, Glycoject by Evogen Nutrition) around and during your workout. These simple carbohydrates and added sodium will help give you a better pump in the gym and will also increase your insulin levels, which will help your body synthesize the proteins that you intake after you workout faster.

If you are someone who trains in the morning, I would advise to have a re-feed meal the night before to make sure your muscles are loaded up on Glycogen and your body also has some extra sodium to help with the pumps during your workout.

Having steak or salmon with a starchier carb the night before a morning shoulder workout will most certainly help with growth! In the morning, prior to your workout, don't be afraid to take in both fast acting and slow acting carbohydrates. Something like fast acting carbs such as fruit with some oatmeal or even possibly pancakes with low sugar syrup along with a lean protein source like egg whites would be a great breakfast prior to a morning shoulder workout! Consuming fast acting carbs during the first half of your workout will also aid in maximizing volumization and pump when training. A good intra workout fast acting carbohydrate source would be GLYCOJECT by Evogen Nutrition which is a high-quality fast acting carb drink that will increase your glycogen storages to help keep your pump and fullness throughout your entire shoulder workout!



## UNDERSTANDING TEMPOS, RANGE OF MOTION, AND VARIOUS PUMP FACTORS

will optimize our training regimen. We will be using different techniques to keep the muscle guessing. This will put your muscle in an unfamiliar environment forcing it to work at its maximal output. I'll be incorporating various training intensifiers to increase training output periodically throughout this training program. Be familiar with the following terms.

**DROP SETS** - Performing an exercise, then lowering the weight and performing the exact same exercise with no rest in between sets.

**PARTIAL REPS** - Full stretch or eccentric motion of the muscle followed by a partial (30-50%) contraction or concentric motion.

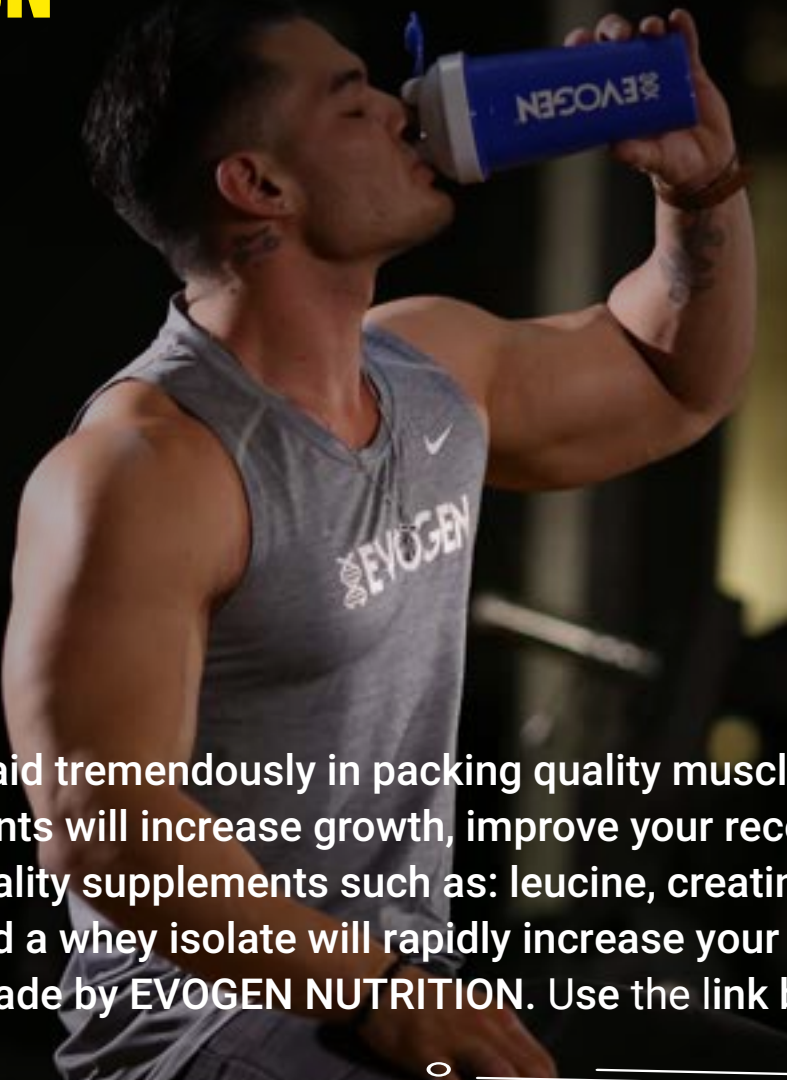
**SUPERSETS** - Performing two exercises back to back.

**STATIC HOLDS** - When performing alternative reps, one arm holds an isometric contraction (static hold) while the other arm performs the reps. Switch arms and repeat.

**PEAK CONTRACTION HOLDS** - Holding the peak of a contraction for 1-2 seconds before letting the weight down into the negative motion.



# SUPPLEMENTATION



Supplementation will aid tremendously in packing quality muscle on to your arms! Utilizing high quality supplements will increase growth, improve your recovery time, and maximize your pumps in the gym. Quality supplements such as: leucine, creatine, arginine, BCAA, glutamine, caffeine, glycoject, and a whey isolate will rapidly increase your results. I suggest only the top of the line products made by EVOGEN NUTRITION. Use the link below to order:

[www.evogennutrition.com/?a\\_aid=Champ4xhttp://](http://www.evogennutrition.com/?a_aid=Champ4x)

Over the years I have tried various techniques, different methods will yield different results.  
During this program you will go through 3 phases of shoulder training.

- ✓ **WEEKS 1-4: STRENGTH & FORM**
- ✓ **WEEKS 5-8: INTENSITY & TECHNIQUE**
- ✓ **WEEKS 9-12: MODIFY & GROW**

To Maximize results use EVOGEN NUTRITION's EVOVITE, EVOLOG, AMINOJECT, CELL KEM, EVP PLUS or XTREME, GLYCOJECT, & ISOJECT, CARNIGEN & LIPOCID IR, EVOGREENS







# **DAILY WARM-UP** **(IMPORTANT!!! MUST DO!!!)**

## **FOAM ROLL CHECK LISTS:**

- ▶ Lower Back
- ▶ Middle Back
- ▶ Upper Back
- ▶ Medial Delt Lats
- ▶ Rear Delts
- ▶ Traps

## **STATIC STRETCHING:**

- ▶ Standing Rear Delt Stretch
- ▶ Standing Lat Stretch
- ▶ Standing Neck Stretch
- ▶ Standing Bicep Stretch
- ▶ Standing Chest Stretch
- ▶ Standing Hamstring Stretch

## **ROTATOR CUFF SERIES:**

- ▶ Rotator Cuff - Shoulder Warm-up
- ▶ Instructional



# ***WEEKS 1-4***

## ***STRENGTH & POWER***







During the first four weeks, we are going to master our form and correct imbalances by stretching and using therapy. We will be utilizing less complicated movements, and focusing on developing strength to the major muscles. It is important to be on a clean diet, however during this time period you shouldn't be on caloric deficit diet. You will need the carbs, fats, protein, and creatine (red meats) to help aid in maximal growth!

For more specific guidance see  
[www.jeremybuendiafitness.com](http://www.jeremybuendiafitness.com)  
or Join **TEAM HERO**  
([teamHeroCoaching@gmail.com](mailto:teamHeroCoaching@gmail.com)).

On shoulder days, for maximum results I recommend the following supplements:

### WEEKS 1-4

**EvoVite** 1/2 scoop or 1 pill in the morning and 1/2 scoop or 1 pill pre workout

Take 1 scoop **EvoGreens** upon waking & post workout

Take 1 pill of **EvoLog** before you eat your 3 largest carb meals per day (*consume at least 50g carbs per meal when taking EvoLog*)

\*Be sure one of those meals is 45 mins before you train

Take 1-2 scoops **Carnigen** upon waking before cardio & before workout

Take 1 scoop **CELL KEM** intra workout

Take 1 scoop **AMINOJECT** upon waking before cardio & post-workout

Take 1-2 scoops **EVP/EVP PLUS or XTREME** 15 mins prior to weight training

Take 1 scoop **ISOJECT** upon waking and 2 scoops immediately after weight lifting

Take 2 scoops **Glycoject Intra Workout**

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Use code **"CHAMP"** for 15% OFF



**\*\*DAILY WARM UP\*\***

*(See page 24, be sure to complete before starting workout)*

**Exercise 1**

**DB SHOULDER PRESS**

**INSTRUCTIONAL** ▶

**LIVE** ▶

*\*Hits all three heads of the shoulder, will help build Mass & Strength.*

**Set 1:** 40lbs 15 reps (warm-up)

**Set 2:** 60lbs 10 reps (warm-up)

**Set 3:** 80lbs 10 reps

**Set 4:** 90lbs 8 reps

**Set 5:** 100lbs 6-8 reps

**Set 6:** 70lbs 10 reps each arm

*\*Alternating reps*

*\*Rest 60-90 seconds in between sets*

**Exercise 2**

**SINGLE ARM DB LATERAL RAISE**

**INSTRUCTIONAL** ▶

**LIVE** ▶

*\*This exercise will help develop roundness and width to the shoulder.*

**Set 1:** 15lbs 15 reps each arm (warm-up)

**Set 2:** 25lbs 12 reps each arm

**Set 3:** 30lbs 10 reps each arm

**Set 4:** 35lbs 8-10 reps each arm

**Set 5:** 25lbs 5 reps peak contraction holds,  
5 full reps, 3 reps peak contraction holds,  
5 partial reps.

*\*Rest 60-90 seconds in between sets*

### Exercise 3

## STRAIGHT BAR CABLE FRONT RAISE

INSTRUCTIONAL ▶

LIVE ▶

*\*Body positioning is important. Keep tension on the front deltoid.*

**Set 1:** 50lbs 15 reps (warm-up)

**Set 2:** 65lbs 5 reps Peak Contraction hold / 10 Full Reps

**Set 3:** 80lbs 3 reps Peak Contraction hold / 10 Full Reps

**Set 4:** 95lbs 10 full reps

**Set 5:** 105lbs 6-8 full reps

**\*Rest 60-90 seconds in between sets**

*\*\*All weight listed would be the weight Jeremy Buendia would use, please chose a weight that you can control with PERFECT form.\*\**

### Exercise 4

## CABLE ROPE FACE PULLS SUPERSET W/ SINGLE ARM CABLE REAR MODIFIED FLY

INSTRUCTIONAL ▶

LIVE ▶

INSTRUCTIONAL ▶

*\*Both exercises are targeting the rear deltoid. It is important to feel the rear deltoid and not use the traps when pulling.*

**Set 1:** 85lbs 15 reps / Single Arm Cable Rear Fly  
20-30lbs 12 reps

**Set 2:** 100lbs 12 reps / Single Arm Cable Rear Fly  
20-30lbs 12 reps

**Set 3:** 120lbs 10 reps / Single Arm Cable Rear Fly  
20-30lbs 10 reps

**Set 4:** 135lbs 8-10 reps/Single Arm Cable Rear Fly  
20-30lbs 10

**\*Rest 60-90 seconds in between sets**



## Exercise 5

### FRONT PLATE RAISE

INSTRUCTIONAL ►

LIVE ►

*\*Keep your lats engaged, and tension on your front deltoid. Lift plate until you can look through the hole on the plate. Try to hold it there for a split second.*

**Set 1:** 35lb plate 15 reps

**Set 2:** 45lb plate 15 reps

**Set 3:** 45lb plate 15 reps

**Set 4:** 45lb plate 15 reps

**\*Rest 60-90 seconds in between sets**

*\*\*All weight listed would be the weight Jeremy Buendia would use, please chose a weight that you can control with PERFECT form.\*\**

## Exercise 6

### DB LATERAL RAISE

INSTRUCTIONAL ►

LIVE ►

*\*This is not about how heavy you lift; in fact go light, this is about perfect form and connecting to the lateral head of the deltoid. Hold each rep at peak for a "one, one thousand, two" count.*

**Set 1:** 15-20lbs 15 reps

**Set 2:** 15-20lbs 15 reps

**Set 3:** 15-20lbs 15 reps

**Set 4:** 15-20lbs 15 reps

**Set 5:** 15-20lbs 15 reps

**\*Rest 30 seconds in between sets**



**WEEKS 5-8**

**INTENSITY & TECHNIQUE**

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Now that you are 5 weeks into the program, your strength should have increased and your ability to control the weight with correct bio-mechanics should have improved immensely. During weeks 5-8, we are going to focus on intensity, utilizing various techniques and principles. This month you will tap into a different level of training, in which you will have to push your threshold and dig deep to finish your sets. We will be using drop-set techniques, super-set techniques, partial reps, peak contraction holds, and static hold techniques. It is **MANDATORY** to still stay on top of your daily warm-up. Making sure your body stays flexible and loose will help develop the shoulder evenly. This month won't be easy. Your workouts will be tough. Your workouts will hurt. And your willpower will be tested.

As 19x Olympia winning coach, Hany Rambod said, "Intensity is the key to growth!" You must mentally prepare yourself before your workout. Go into this month of training as if you are getting ready to fight your worst enemy when you step into to the gym each day. It is okay to zone out and lose yourself in the pump. Get angry before each set and take all of your aggression

out on the iron. Training intensity, once properly tapped into, will be the biggest contributor to adding mass to any muscle! It is important to be on a clean diet, however during this time period you shouldn't be on a high deficit caloric diet. You will need the carbs, fats, protein, and creatine (red meats) to help aid in maximal growth!

For more specific guidance see [www.jeremybuendiafitness.com](http://www.jeremybuendiafitness.com) or Join **TEAM HERO** ([teamHeroCoaching@gmail.com](mailto:teamHeroCoaching@gmail.com))

On shoulder days, for maximum results I recommend the following supplements:

### WEEKS 5-8

**EvoVite** 1/2 scoop or 1 pill in the morning and 1/2 scoop or 1 pill pre workout

Take 1 scoop **EvoGreens** upon waking & post workout

Take 1 pill of **EvoLog** before you eat your 3 largest carb meals per day (*consume at least 50g carbs per meal when taking EvoLog*)

\*Be sure one of those meals is 45 mins before you train

Take 1-2 scoops **Carnigen** upon waking before cardio & before workout

Take 1 scoop **CELL KEM** intra workout & post workout

Take 1 scoop **AMINOJECT** upon waking before cardio

Take 1-2 scoops **EVP/EVP PLUS or XTREME** 15 mins prior to weight training

Take 1 scoop **ISOJECT** upon waking and 2 scoops immediately after weight lifting

Take 2 scoops **Glycoject Intra Workout** and 1 scoop **Post Workout** to maximize recovery

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## Exercise 1

### STANDING SHOULDER PRESS

INSTRUCTIONAL ►

LIVE ►

*\*Don't go extremely heavy. Keep your core engaged and control the tempo of each rep (these should be performed slower than a normal repetition). Make sure the shoulders are staying engaged and firing throughout the entire range of motion.*

**Set 1:** 25lbs 20 reps (warm-up)

**Set 2:** 35lbs 15 reps

**Set 3:** 50lbs 12 reps

**Set 4:** 70lbs 10 reps

**Set 5:** 40lbs 5 full reps, 5 partial reps, 4 full reps, 4 partial reps, 3 full reps, 3 partial reps, 2 full reps, 2 partial reps, 1 full rep, 1 partial rep

**\*Rest 90-120 seconds in between sets**

## Exercise 2

### BARBELL FRONT RAISE

INSTRUCTIONAL ►

LIVE ►

*\*Try to minimize any swing, keep your core engaged and have a good base. Hinge at the hips and lean forward slightly to target the front deltoid more.*

**Set 1:** 45lbs 15 reps (warm-up)

**Set 2:** 65lbs 10 reps

**Set 3:** 85lbs 10 reps DropSet\* 45lbs 5 reps peak contraction hold, 10 full reps or until failure.

**Set 4:** 95lbs 8-10 reps DropSet\* 45lbs 5 reps peak contraction hold, 10 full reps or until failure.

**\*Rest 90-120 seconds in between sets**

*\*\*All weight listed would be the weight Jeremy Buendia would use, please chose a weight that you can control with PERFECT form.\*\**

### Exercise 3

#### BARBELL UPRIGHT ROWS SUPERSET W/ UNORTHODOX DB UPRIGHT ROWS

INSTRUCTIONAL ▶

LIVE ▶

INSTRUCTIONAL ▶

LIVE ▶

*\*Targets rear deltoid. Minimize trap activation by engaging lats.*

**Set 1:** 65lbs 15 reps / 30lbs DBs 15 reps

**Set 2:** 85lbs 12 reps / 30lbs DBs 12 reps

**Set 3:** 95lbs 10 reps / 30lbs DBs 12 reps

**Set 4:** 115lbs 6-8 reps / 30lbs DBs 10 reps

**Set 5:** 95lbs 10 reps / 30lbs DBs 5 peak contraction holds, full rep until failure

**\*Rest 60-90 seconds in between sets**

### Exercise 4

#### DB ALTERNATING FRONT RAISES

INSTRUCTIONAL ▶

LIVE ▶

*\*Try to minimize any swing, keep your core engaged and have a good base. Hinge at the hips and lean forward slightly to target the front deltoid more.*

**Set 1:** 30lbs DBs 12 reps each arm (grip: thumbs up)

**Set 2:** 30lbs DBs 12 reps each arm (grip: palms down)

**Set 3:** 30lbs DBs 12 reps each arm (grip: palms up)

**Set 4:** 30lbs DBs 12 reps each arm (grip: thumbs up)

**\*Rest 60 seconds in between sets**

*\*\*All weight listed would be the weight Jeremy Buendia would use, please chose a weight that you can control with PERFECT form.\*\**



## Exercise 5

### DB LATERAL RAISES DROP SETS

INSTRUCTIONAL ►

LIVE ►

*\*Try to minimize any swing, keep your core engaged and have a good base. Hinge at the hips and lean forward slightly to allow for full range of motion. Watch video for more specific instruction.*

**Set 1:** 40lbs 10 reps, 30 lbs 10 reps, 25lbs 10 reps, 20lbs 15 reps, 12.5lbs 15 reps

**Set 2:** 40lbs 10 reps, 30 lbs 10 reps, 25lbs 10 reps, 20lbs 15 reps, 12.5lbs 15 reps

**Set 3:** 40lbs 10 reps, 30 lbs 10 reps, 25lbs 10 reps, 20lbs 15 reps, 12.5lbs 15 reps

**Set 4:** 40lbs 10 reps, 30 lbs 10 reps, 25lbs 10 reps, 20lbs 15 reps, 12.5lbs 15 reps

**\*Rest 60-90 seconds in between sets**

## Exercise 6

### SEATED ARNOLD PRESSES

INSTRUCTIONAL ►

LIVE ►

*\*Don't go too heavy, focus on tempo and keeping constant tension on the shoulders. The point is to completely fatigue the shoulders with this last workout.*

**Set 1:** 35lbs rep til failure

**Set 2:** 40lbs rep til failure

**Set 3:** 40lbs rep til failure

**Set 4:** 40lbs rep til failure

**\*Rest 60-90 seconds in between sets**



# **WEEKS 9-12**

## **MODIFY & GROW**





After 8 solid weeks of proper intense training, your body should be at a point now that it can handle modifications to your workout to help you engage and grow the shoulders into 3-Dimensional shoulder caps. It is important to understand that everyone's body is different, and sometimes unorthodox or unconventional styles will be utilized to help further target a specific muscle group. Our intensity this month will remain high, but we will be incorporating some alternative techniques into our training to help shock our shoulders into growth.

During this last phase, be ready to get uncomfortable. The training will be brutal, but the results will be rewarding. During this point in your training, we want to maximize the growth of your shoulder so it is important to increase our food intake to get maximal nutrient delivery to the muscles. Weight may be gained in a caloric surplus, but you will also be packing on some great size. To get lean after this phase, check out my number 1 selling ebook [SHRED WITH BUENDIA](#).

To download or for more specific guidance see [www.jeremybuendiafitness.com](http://www.jeremybuendiafitness.com) or email [TeamHeroCoaching@gmail.com](mailto:TeamHeroCoaching@gmail.com)



On shoulder days, for maximum results I recommend the following supplements:

### WEEKS 9-12

**EvoVite** 1/2 scoop or 1 pill in the morning and 1/2 scoop or 1 pill pre workout

Take 1 scoop **EvoGreens** upon waking & post workout

Take 1 pill of **EvoLog** before you eat your 3 largest carb meals per day (*consume at least 50g carbs per meal when taking EvoLog*)

\*Be sure one of those meals is 45 mins before you train.

Take 1-2 scoops **Carnigen** upon waking before cardio & before workout

Take 1 scoop **CELL KEM** intra workout & post workout

Take 1 scoop **AMINOJECT** upon waking before cardio

Take 1-2 scoops **EVP/EVP PLUS or XTREME** 15 mins prior to weight training

Take 1 scoop **ISOJECT** upon waking and 2 scoops immediately after weight lifting.

Take 2 scoops **Glycoject Intra Workout** and 1 scoop **Post Workout** to maximize recovery

Use the link below to order: [www.evogennutrition.com/?a\\_aid=Champ4xhttp://](http://www.evogennutrition.com/?a_aid=Champ4xhttp://)



## Exercise 1

### SMITH MACHINE OR HAMMER STRENGTH SHOULDER PRESS

INSTRUCTIONAL ►

LIVE ►

INSTRUCTIONAL ►

*\*Targets all 3 heads of shoulder, will develop mass and strength.*

**Set 1:** 95lbs 15 reps (warm-up)

**Set 2:** 135lbs 15 reps (warm-up)

**Set 3:** 185lbs 10 reps (warm-up)

**Set 4:** 225lbs 10 reps

**Set 5:** 235lbs 10 reps, 185lbs 10 reps, 135lbs 10 reps (use 25lbs plates, easier to strip)

**Set 6:** 235lbs 10 reps, 185lbs 10 reps, 135lbs 10 reps (use 25lbs plates, easier to strip)

**\*Rest 90 seconds in between sets**

*\*\*All weight listed would be the weight Jeremy Buendia would use*

## Exercise 2

### CONVENTIONAL DB LATERAL RAISE SUPERSET W/ UNORTHODOX DB LATERAL RAISE

INSTRUCTIONAL ►

INSTRUCTIONAL ►

*\*Great exercise to build roundness to the shoulder, massive pumps.*

**Set 1:** 25lbs DBs 15 reps conventional / 10 reps unorthodox

**Set 2:** 30lbs DBs 15 reps conventional / 10 reps unorthodox

**Set 3:** 35lbs DBs 10 reps conventional / 10 reps unorthodox

**Set 4:** 35lbs DBs 10 reps conventional / 10 reps unorthodox

**Set 5:** 25lbs DBs 5 peak contraction holds, 10 reps conventional / 10 reps unorthodox

**\*Rest 90 seconds in between sets**

### Exercise 3

#### DB FRONT RAISE ON INCLINE BENCH

INSTRUCTIONAL ►

LIVE ►

*\*Targets front deltoid*

**Set 1:** 20lbs DBs 15 reps (grip: thumbs up)

**Set 2:** 20lbs DBs 15 reps (grip: palms down)

**Set 3:** 20lbs DBs 15 reps (grip: thumbs up)

Drop Set: 10lbs 5 peak contraction holds, 10 full reps

**Set 4:** 20lbs DBs 15 reps (grip: palms down)

Drop Set: 10lbs 5 peak contraction holds, 10 full reps

*\*Rest 60-90 seconds in between sets*

*\*\*All weight listed would be the weight Jeremy Buendia would use*

### Exercise 4

#### FRONT PLATE RAISE SUPERSET W/ FRONT PLATE OVERHEAD PRESS

INSTRUCTIONAL ►

LIVE ►

**Set 1:** 45lbs Plate 20 reps / 15 reps OH press

**Set 2:** 45lbs Plate 20 reps / 15 reps OH press

**Set 3:** 45lbs Plate 20 reps / 15 reps OH press

**Set 4:** 45lbs Plate 20 reps / 15 reps OH press

*\*Rest 60-90 seconds in between sets*



## Exercise 5

### SEATED ROW ROPE REAR DELT PULLS SUPERSET W/ PEC DECK REAR DELTOID FLY

INSTRUCTIONAL ►

LIVE ►

- Set 1:** 75lbs 15 reps / 100lbs 15 reps
- Set 2:** 85lbs 15 reps / 110lbs 12 reps
- Set 3:** 105lbs 12 reps / 120lbs 10 reps
- Set 4:** 115lbs 10 reps / 130lbs 10 reps

\*Rest 60-90 seconds in between sets

## Exercise 6

### BARBELL UPRIGHT ROWS SUPERSET W/ DB LATERAL RAISE

INSTRUCTIONAL ►

LIVE ►

INSTRUCTIONAL ►

- Set 1:** 65lbs 10 reps Peak Contraction Hold, 10 Full Reps / 25lbs DBs 15 reps, 10 partial reps
- Set 2:** 65lbs 10 reps Peak Contraction Hold, 10 Full Reps / 25lbs DBs 15 reps, 10 partial reps
- Set 3:** 65lbs 10 reps Peak Contraction Hold, 10 Full Reps / 25lbs DBs 15 reps, 10 partial reps
- Set 4:** 65lbs 10 reps Peak Contraction Hold, 10 Full Reps / 25lbs DBs 15 reps, 10 partial reps

\*Rest 60-90 seconds in between sets

*\*\*All weight listed would be the weight Jeremy Buendia would use*

This concludes the 12 week program to building legendary shoulders! I hope you learned some valuable lessons! You should be more understanding of how the shoulders work and by exploring various training techniques, your gym IQ should have increased. Your deltoids will continue to improve over time and with enough time given, you too can have a pair of legendary shoulders! Please continue to stretch and do your daily warm-ups!

Be sure to check out  
[www.jeremybuendiafitness.com](http://www.jeremybuendiafitness.com)  
for other e-books and training info.

For contest prep email  
[teamherocoaching@gmail.com](mailto:teamherocoaching@gmail.com)

