



BEASTS OF BURDEN: BUILD WORLD HOLDER

SHOULDERS

FORM OF THE TITANS

STANDING OVERHEAD DUMBBELL PRESS

STANDING OVERHEAD DUMBBELL PRESS STEPS

1. Grab two dumbbells in each hand and lift them to your upper chest.
2. Hold your arms at a 90-degree angle with your palms facing forward. Your hands should be slightly wider than shoulder width apart. This will be your starting position.
3. Brace your core and your legs as you press the weight overhead.
4. Extend your arms straight towards the ceiling and pause.
5. Return your arms to the starting position.
6. Repeat for the desired amount of reps.



FORM OF THE TITANS

STANDING OVERHEAD BARBELL PRESS

STANDING OVERHEAD BARBELL PRESS STEPS

1. Place a barbell at shoulder height in a power rack and add the desired amount of weight.
2. Hold your arms at a 90-degree angle with your palms facing forward. Your hands should be slightly wider than shoulder width apart.
3. Firmly grip the bar and take a step backwards. This will be your starting position.
4. Brace your core and your legs as you press the weight overhead.
5. Extend your arms straight towards the ceiling and pause.
6. Return your arms to the starting position.
7. Repeat for the desired amount of reps.



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FORM OF THE TITANS

▽ DUMBBELL LATERAL RAISE ▽

DUMBBELL LATERAL RAISE

1. Grab one dumbbell in each hand with your palms facing your side.
2. Slightly bend your elbows and allow your arms to hang at your sides. This will be your starting position.
3. Raise your arms as you slowly rotate your arm internally so that your pinky is angled towards the ceiling.
4. Pause for one second to avoid using momentum.
5. Return the weight to the starting position. Repeat for the desired amount of reps.



FORM OF THE TITANS

REAR DELT FLYES (PEC DECK)

REAR DELT FLYES (PEC DECK) STEPS

1. Set the handles on the pec deck to their rear delt fly position (closest to the weight stack)
2. Sit with your chest against the pad and legs bent at 90 degrees.
3. Grip the handles so that your arms are parallel with the floor. Protract your shoulders forward. This will be your starting position.
4. Keeping a slight bend in the elbows, squeeze your back until your arms are in line with your body.
5. Return the weight to the starting position and repeat for the desired amount of reps.



FORM OF THE TITANS

REAR DELT FLYES (DUMBBELLS)

WIDE GRIP UPRIGHT ROWS

1. Grab two relatively light dumbbells and hold them with your palms facing each other.
2. Bend at your hips and keep a neutral spine. Allow your arms to hang perpendicular to the floor. This will be your starting position.
3. Keeping your upper body and head stationary, raise your arms until your palms are facing the ground.
4. Pause for one moment at the top of the motion.
5. Return the weight to the starting position and repeat for the desired amount of reps.



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FORM OF THE TITANS

WIDE GRIP UPRIGHT ROWS

WIDE GRIP UPRIGHT ROWS

1. Load a barbell with a weight that you can control.
2. Grab the weight slightly wider than shoulder width apart and stand up straight. This will be your starting position.
3. Use your shoulders to lift your weight until your upper arm is parallel to the floor. Avoid using hip drive.
4. Return to the starting position in a controlled manner.
5. Repeat for the desired amount of reps.



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YOUR LEGENDARY LABORS

▾ BARE TO ARMS ▾



YOUR LEGENDARY LABORS

There is something great within you. There is something that extends beyond your mortal coil and binds you to a destiny beyond that of a mere mortal. You will need incalculable strength, preservice, and will if you are to complete the task at hand. Each feat will test your stamina and resolve as you face a workout that would fell the average gym goer. Remember what you have learned so that you may recruit your muscles efficiently and avoid undue injury. Prepare yourself, your trials have just begun.

The burden of greatness is yours alone to carry. Will you shrug it off onto another? Or will you stand tall and join the gods in eternal glory? Utilize the two workouts below twice per week, at least 3 days apart. If your shoulders are a weak point, make sure to perform these workouts before your chest workout for optimal growth.

WORKOUT # 1

Workout # 1				
Exercise- Every 2 movements are Super Sets				
	Sets	Set 1 & 2 Reps	Set 3 & 4 Reps	Set 5 & 6 Reps
Standing overhead dumbbell press 0 seconds REST	6	16 reps at 60%	10 reps at 75%	12 reps & 16 reps at 70%
Rear Delt Flye pec deck 20 seconds REST	6	16 reps at 60%	10 reps at 75%	12 reps & Failure both at 70%
Dumbbell Lateral Raise 0 seconds REST	6	16 reps at 60%	10 reps at 75%	12 reps & Failure both at 70%
Wide Grip Upright Row 20 seconds REST	6	16 reps at 60%	10 reps at 75%	12 reps & Failure both at 70%

YOUR LEGENDARY LABORS



WORKOUT #2

Workout #2				
Exercise- Every 2 movements are Super Sets				
	Sets	Set 1 & 2 Reps	Set 3 & 4 Reps	Set 5 & 6 Reps
Machine overhead press 0 seconds REST	6	16 reps at 60%	10 reps at 75%	12 reps & Failure both at 70%
Rear Delt Flye Dumbbells 20 seconds REST	6	16 reps at 60%	10 reps at 75%	12 reps & Failure both at 70%
Front Plate Raise 0 seconds REST	6	16 reps at 60%	10 reps at 75%	12 reps & Failure both at 70%
Cable Lateral Raise 20 seconds REST	6	16 reps at 60%	10 reps at 75%	12 reps & Failure both at 70%