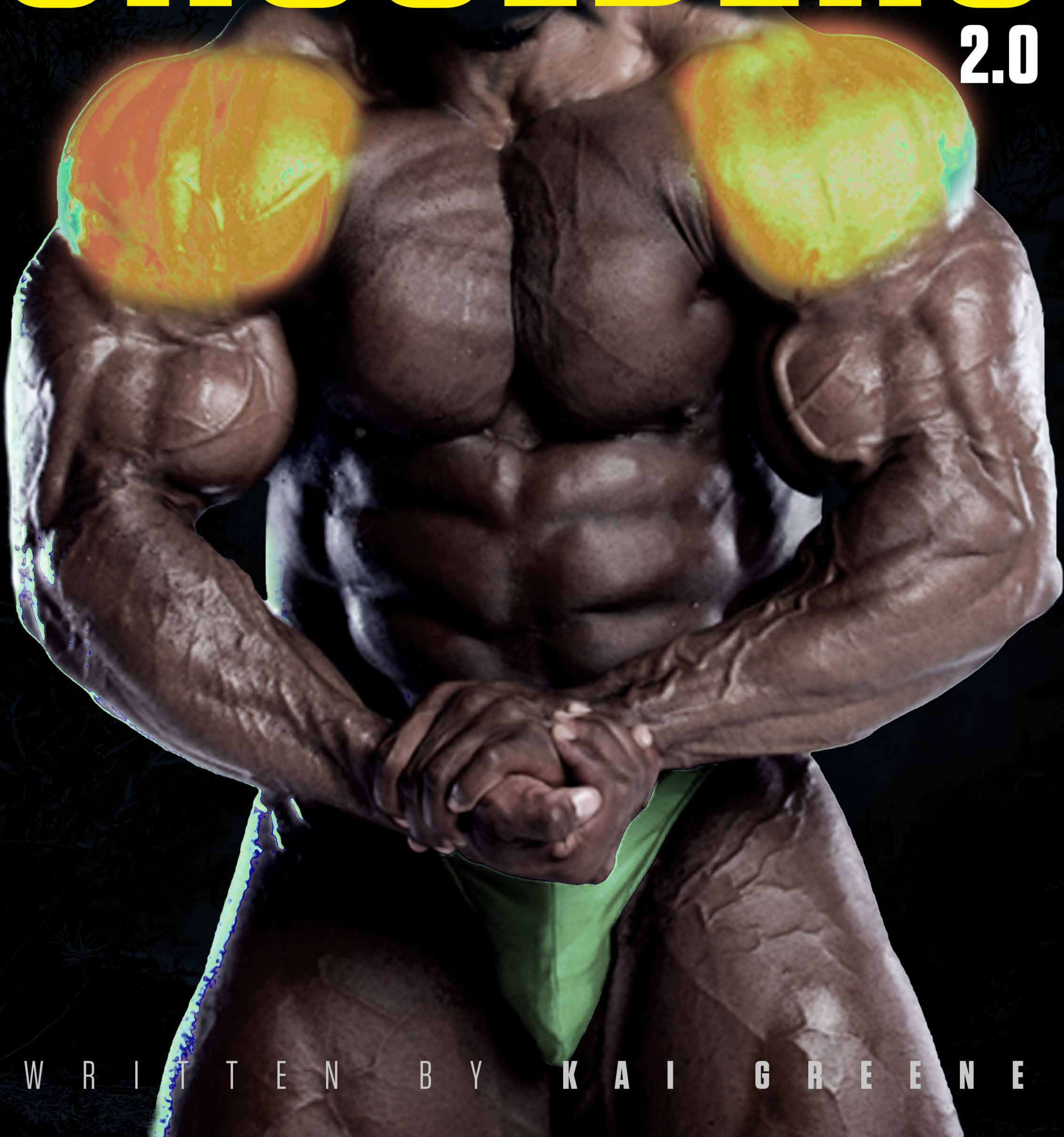


SHOULDERS

2.0



W R I T T E N B Y K A I G R E E N E

SAMURAI'S WEAPONS

STANDING OVERHEAD DUMBBELL PRESS

The enemy army eagerly awaits you in the field. They have come for a decisive battle against a relic of a bygone era. However, you have much more in your arsenal than they realize. Grab your students, neighbors, and friends. There are weapons for them all.

HOW TO PERFORM THE MOVEMENT:

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.



SAMURAI'S WEAPONS

STANDING DUMBBELL Y PULLS OR CLEANS

HOW TO PERFORM THE MOVEMENT:

- 1) Place a light dumbbell in each hand.
- 2) Slight bend your elbows about 10-15 degrees.
- 3) Place them in front of your thighs, with your palms facing your body.
- 4) Slightly bend your knees and hips, holding this position without change throughout the movement.
- 5) Brace your core and begin to pull the dumbbells upward and apart from each other.
- 6) Keeping your elbows only slightly bent, bring your arms up into a Y position.
- 7) Once your arms reach the top of the movement, slowly bring them back down to the starting position.
- 8) Repeat for the desired amount of reps.



SAMURAI'S WEAPONS

SEATED DB OVERHEAD SHOULDER FLYES

HOW TO PERFORM THE MOVEMENT:

1. Grab two dumbbells in each hand and lift them to your upper chest.
2. Hold your arms at a 60-degree angle with your palms facing forward. Your hands should be slightly wider than shoulder width apart.
3. Lower your arms so that the dumbbells are at shoulder height. This will be your starting position.
4. Brace your core and your legs. Begin to push the dumbbells up overhead.
5. Push them until they are together, over your head or as close together as you can get them without discomfort.
6. Slowly return your arms to the starting position.
7. Repeat for the desired amount of reps.



SAMURAI'S WEAPONS

◀ SINGLE ARM STRAIGHT BAR LATERAL RAISE ▶

HOW TO PERFORM THE MOVEMENT:

1. Grab one straight bar in one hand with your palm facing your side.
2. Slightly bend your elbow and allow your arm with the bar to hang at your side. Brace yourself if needed with the arm not holding the weight. This will be your starting position.
3. Raise your arm as you slowly rotate your arm internally so that your pinky is angled towards the ceiling.
4. Pause for one second to control the weight.
5. Return the weight to the starting position slowly. Repeat on both sides and for the desired amount of reps.



SAMURAI'S WEAPONS

OVERHEAD CABLE REAR DELT FLYES

HOW TO PERFORM THE MOVEMENT:

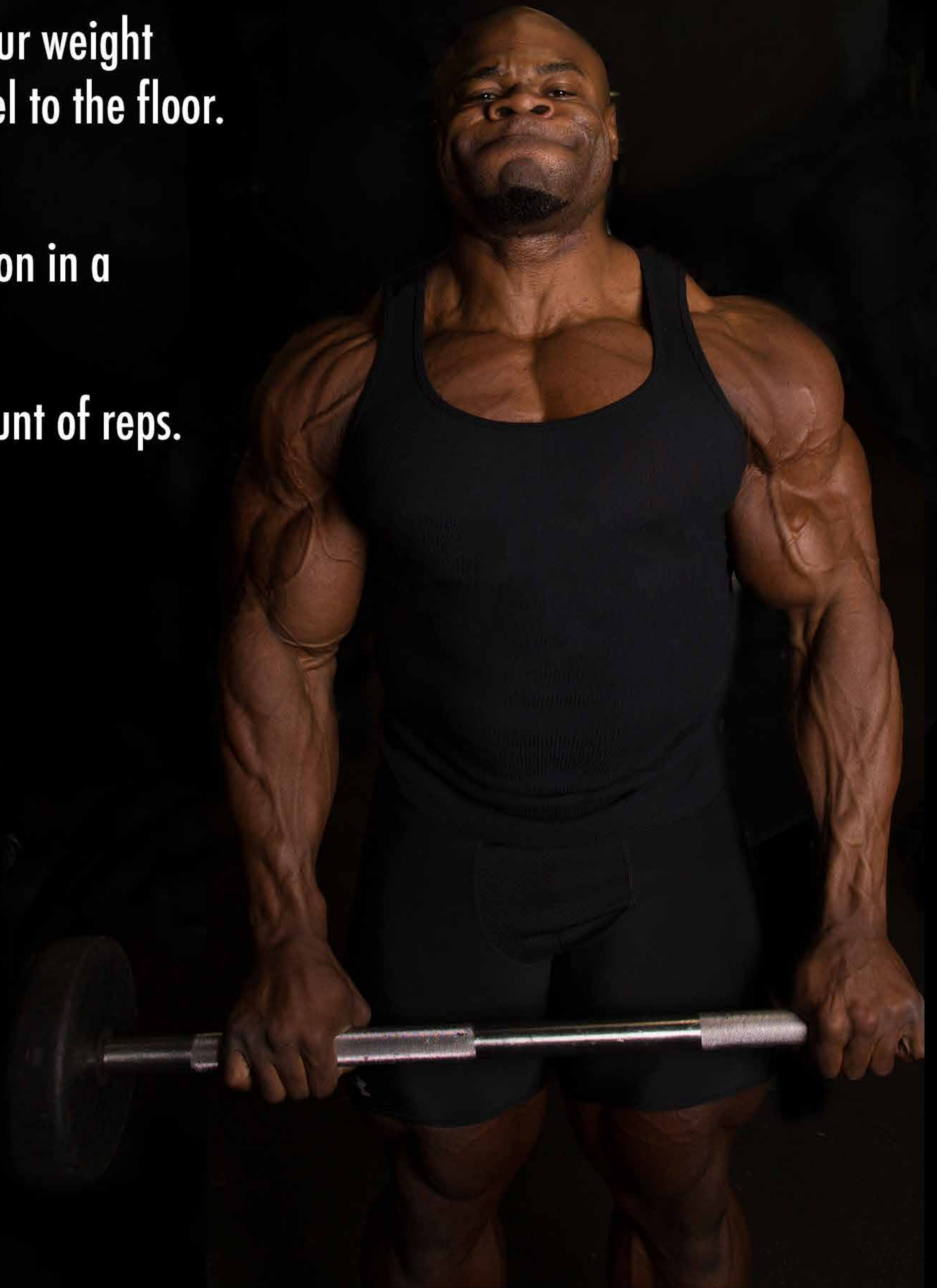
1. Attach a single handle to each side of a cable set, set both sides at a height level with or just above your forehead.
2. Grab the cable handle on the left with your right arm.
3. Cross your left arm over your right arm and grab the cable on the right with the left arm.
4. Place your hands overhead with the handles just barely crossing.
5. Step back slightly so that your arms are out in front of you about 30 degrees from the body.
6. Bend at your elbows slightly and keep a neutral spine. This is the starting position.
7. Keeping your upper body and head stationary, begin to pull your arms away from each other and downward.
8. Continue to pull backwards as well as downward until your arms are straight out and level with your shoulders.
9. Return the arms to the starting position and repeat for the desired amount of reps.

SAMURAI'S WEAPONS

WIDE GRIP UPRIGHT ROWS

HOW TO PERFORM THE MOVEMENT:

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. Your arms should be fully extended. 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.



SAMURAI'S WEAPONS

▾ CABLE LAT PULL IN ▸

HOW TO PERFORM THE MOVEMENT:

1. Attach single handles to both sides of a cable set up.
2. Set each side of the cables to about face height.
3. Grab the handles in each hand with your arms outstretched and stand evenly between them.
4. Bring yourself down to your knees so that the cables are now well over head and your arms stretched out and up in a Y. For advanced position, get on 1 knee and keep hips and shoulders level.
5. Begin to drive your elbows down towards your ribs. Feeling the pull through your armpits will indicate you are using more lats than biceps to pull.
6. Lower the handles until your elbows are touching or as close as you can get them to your ribs.
7. Squeeze down for 1-2 seconds.
8. Slowly bring your arms back to the starting position.
9. Repeat for the desired amount of reps.

THE BATTLE OF THE BLADES

The samurai must be determined and unhinged. They must walk the line between chaos and quiet control. So too must you be ready to perform a multitude of different workouts for your shoulders, all within a distinct framework.

Choose 2 of the following workouts to add on to your current workout regimen. Each workout should be separated by at least one day.



THE BATTLE OF THE BLADES

WORKOUT # 1

SPECIAL NOTES: Superset every 2 movements

Movement	Reps	Sets	Rest	Load
Single Arm Straight Bar Lateral Raise	12	3-4	30 seconds	60%
Peck Deck Rear Delt Flyes	12	3-4	30 seconds	60%
Dumbbell Y-Pull	12	3-4	30 seconds	60%
Wide Grip Upright Row	5	5	45- 60 seconds	80%
Cable Lat Pull Ins	5	5	45- 60 seconds	80%
Standing Dumbbell Shoulder Press	5	5	45- 60 seconds	80%



SHOULDERS_{2.0}

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THE BATTLE OF THE BLADES

WORKOUT # 2

SPECIAL NOTES: Superset every 2 movements

Movement	Reps	Sets	Rest	Load Effort
Cable Lat Pull In	12	3-4	30 seconds	60%
Standing Dumbbell Shoulder Press	12	3-4	30 seconds	60%
Wide Grip Upright Row	12	3-4	30 seconds	60%
Single Arm Straight Bar Lateral Raise	8	5	45 seconds	75%
Rear Delt Flys Peck Deck	8	5	45 seconds	75%
Dumbbell Y-Pull	8	5	45 seconds	75%



SHOULDERS 2.0

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THE BATTLE OF THE BLADES

WORKOUT # 3

SPECIAL NOTES: Each movement is supersettted with a 30 second plank.

Movement	Reps	Sets	Rest	Load Effort
Single Arm Straight Bar Lateral Raise	16	6	45 seconds	60-70%
Plank	60 seconds	1	0 seconds go back to Single Arm Straight Bar Lateral Raise	
Standing DB Y Pulls	16	6	45 seconds	60-70%
Plank	60 seconds	1	0 seconds go back to Standing DB Y-Pulls	
Overhead Cable Reverse Flyes	16	6	45 seconds	60-70%
Plank	60 seconds	1	0 seconds go back to Overhead cable Reverse Flyes	
Wide Grip Upright Rows	16	6	45 seconds	60-70%
Plank	60 seconds	1	0 seconds go back to Wide Grip Upright Rows	
Seated Overhead Shoulder Flyes GO LIGHT	16	6	45 seconds	50-60%
Plank	60 seconds	1	0 seconds go back to Seated Overhead Shoulder Flyes	

THE BATTLE OF THE BLADES

WORKOUT # 4

SPECIAL NOTES: Each movement is supersettted with a 60 second plank.

Movement	Reps	Sets	Rest	Load Effort
Cable Lat Pull In	16	6	0	60-70%
Plank	60 seconds	1	0 seconds go back to Cable Lat Pull In	
Wide Grip Upright Row	16	6	0	60-70%
Plank	60 seconds	1	0 seconds go back to Wide Grip Upright Row	
Rear Delt Peck Deck Flyes	16	6	0	60-70%
Plank	60 seconds	1	0 seconds go back to rear Delt Peck Deck Flyes	
Standing Dumbbell Shoulder Press	16	6	0	60-70%
Plank	60 seconds	1	0 seconds go back to Standing Dumbbell Shoulder Press	



THE BATTLE OF THE BLADES

WORKOUT # 5

SPECIAL NOTES: Superset every 2 movements

Movement	Reps	Sets	Rest	Load
Standing Dumbbell Shoulder Press	1st set: 12 2nd set: 10 3rd set: 8 4th set: 6 5th set: 6 6th set: 16	6	0	1st set: 60% 2nd set: 70% 3rd set: 75% 4th set: 80% 5th set: 75% 6th set: 70%
Standing Dumbbell Y-Pulls	1st set: 8 2nd set: 10 3rd set: 12 4th set: 16 5th set: 16 6th set: 8	6	60 seconds	1st set: 70% 2nd set: 65% 3rd set: 65% 4th set: 60% 5th set: 60% 6th set: 70%
Cable Lat Pull In	1st set: 12 2nd set: 10 3rd set: 8 4th set: 6 5th set: 6 6th set: 16	6	0	1st set: 60% 2nd set: 70% 3rd set: 75% 4th set: 80% 5th set: 75% 6th set: 70%
Overhead Cable Reverse Flyes	1st set: 8 2nd set: 10 3rd set: 12 4th set: 16 5th set: 16 6th set: 8	6	60 seconds	1st set: 70% 2nd set: 65% 3rd set: 65% 4th set: 60% 5th set: 60% 6th set: 70%
Wide Grip Upright Row	1st set: 12 2nd set: 10 3rd set: 8 4th set: 6 5th set: 6 6th set: 16	6	0	1st set: 60% 2nd set: 70% 3rd set: 75% 4th set: 80% 5th set: 75% 6th set: 70%
Seated Overhead Shoulder Flyes LIGHT WEIGHT	1st set: 8 2nd set: 10 3rd set: 12 4th set: 16 5th set: 16 6th set: 8	6	60 seconds	1st set: 70% 2nd set: 65% 3rd set: 65% 4th set: 60% 5th set: 60% 6th set: 70%