

SHOULDER WORKOUT

(HIGH VOLUME)

@samslackfit

SEATED BENT OVER
LATERAL RAISE



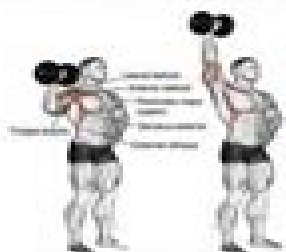
2 x 15
1 x 20

DB LATERAL RAISE



2 x 15
1 x 20

DB ONE ARM
SHOULDER PRESS



2 x 10
1 x 12-15

ARNOLD PRESS



3 x 10

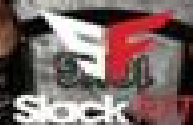
CABLE FRONT RAISES



2 x 10
1 x 12



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Shoulders Training

Clifford Lane



Shoulders Training:

Unveiling the Magic of Words: A Review of "**Shoulders Training**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Shoulders Training**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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