



TRAINING PLAN DAY 8 SHOULDER AND TRICEPS

Warm up -

-Cardio treadmill 15-20 minutes.

Control intensity accordingly to your level.

- As a beginner you can choose normal walk
- If you are an intermediate.

You can make the splits like - 4-1 x 4 (4 minutes normal walk and 1 minute medium intensity running)

- If you are an advanced level person, you can go with 2-1 X 5 or 2-1 x 6.

I will be going with 2-1x6 pattern.

UPPER BODY WARMUP

- Banded rotator cuff warm-up.
- Banded biceps curls.
- Banded chest squeeze
- Banded triceps push down

EXERCISE 1 SEATED DUMBBELL PRESS

- Set 1 - Warm up (12-15 reps)
- Set 2 – Medium intensity (12-15 reps)
- Set 3 – High intensity (10-12 reps)
- Set 4 – High intensity (8-10 reps)

EXERCISE 2 LATERAL RAISES

- Set 1 – Medium intensity (12-15 reps)
- Set 2 – High intensity. (12-15 reps)
- Set 3 – High intensity. (10-12 reps)

EXERCISE 3 REAR DELT FLY (MACHINE)

- Set 1 - Medium intensity (12-15 reps)
- Set 2 – Medium intensity (12-15 reps)
- Set 3 – Medium intensity (10-12 reps)

EXERCISE 4 TRICEPS PUSH DOWN

- Set 1 – Medium intensity (15 reps)
- Set 2 – High intensity (15 reps)
- Set 3 – High intensity (12 reps)

EXERCISE 5 SINGLE ARM CABLE PUSH DOWN

SET 1, SET 2, SET 3 all will be done in a continuous order, one after another without taking a break. This will be a high volume set that will be a finisher with a great pump.