



TRAINING PLAN DAY 15

SHOULDER

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 advance 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 T- 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 DUMBBELL LATERAL RAISES (DROP SETS)

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

Set 1 - Medium intensity (12-15 reps)

Set 2 – Medium intensity (12-15 reps)

Set 3 – Medium intensity (10-12 reps)

EXERCISE 4 SHRUGS + UPRIGHT DUMBBELL ROWS

Set 1 – Medium intensity (12+10 reps)

Set 2 – Medium intensity (12+10 reps)

Set 3 – Medium intensity(12+10 reps)