



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



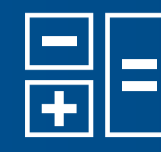
Diet Plans



Expert Guides



Videos



Tools

## 4 WEEK SHOULDER SHOCKER TO IGNITE MUSCLE GROWTH

Shock your shoulders and ignite their growth with this 4 week workout containing patented training strategies from coach Eric Broser.

Link to Workout: <https://www.muscleandstrength.com/workouts/4-week-shoulder-shocker-workout>

**Main Goal:** Build Muscle

**Training Level:** Advanced

**Program Duration:** 4 Weeks

**Days Per Week:** 1 Day

**Time Per Workout:** 45-70 Mins

**Equipment:** Barbell, Cables, Dumbbells, Machines

**Target Gender:** Male & Female

**Author:** [Eric Broser](#)

### Week 1: The FTX2™\* Method

Exercise	Tempo	Sets	Reps
<a href="#">Seated Dumbbell Lateral Raise</a>	2/0/1	3	21 - 25
<a href="#">Military Press</a>	5/1/1	3	4 - 6
<a href="#">Wide Grip Barbell Upright Row</a>	2/1/1/1	3	10 - 12
<a href="#">Single Arm Reverse Cable Fly</a>	2/0/1/2	3	10 - 12

\*Fast Twitch Exponential

### Week 2: The SPEC™\* Method

Exercise	Tempo	Sets	Reps
<a href="#">Incline Dumbbell Side Lateral Raise</a>	2/4/1	3	8 - 10
<a href="#">Machine Reverse Fly</a>	2/0/1/4	3	8 - 10
<a href="#">Seated Dumbbell Press</a>	6/0/1	3	6 - 8
<a href="#">Wide Grip Cable Upright Row</a>	2/0/4	3	6 - 8

\*Stretch/Peak Contraction/Eccentric/Concentric Emphasis

### Week 3: The PRRS™ (Hybrid) Method

Exercise	Tempo	Sets	Reps
<a href="#">Machine Shoulder Press</a>	4/1/1	3	4 - 6
<a href="#">Seated Bent Over Rear Delt Fly</a>	2/1/1	3	13 - 15, 10 - 12, 7 - 9
<a href="#">A1. Dumbbell Lateral Raise</a>	2/1/1	3	10 - 12
<a href="#">A2. Incline Cable Front Raise</a>	2/0/1/1	3	7 - 9

### Week 4: The FDFS™\* Method

Exercise	Tempo	Sets	Reps
<a href="#">Smith Military Press</a>	3/0/X	3	3 - 4
<a href="#">Single Arm Palm In Seated Machine Press</a>	6/0/1	2	5 - 7
<a href="#">Single Arm Behind Back Cable Lateral</a>	2/4/1	3	8 - 10
<a href="#">Shoulder Wide Grip Barbell Front Raise</a>	1/0/1	2	26 - 30
<a href="#">Cable Rope High Pull</a>	1/0/1	2	26 - 30

\*Fiber Damage/Fiber Saturation