



MUSCLEANDSTRENGTH.COM

8-WEEK SHOULDER WORKOUT TO BUILD CANNONBALL DELTS

Workout Summary

Main Goal: Build Muscle
Training Level: Intermediate
Days Per Week: 1 Days
Program Duration: 8 Weeks
[Click here for the full workout!](#)

Equipment: Cables, Dumbbells
Target Gender: Male & Female
Author: Roger "Rock" Lockridge

8-Week Shoulder Workout to Build Cannonball Delts

Exercise	Sets	Reps	Rest
Seated Shoulder Press (1 1/2 Reps)	4	8 - 12	60 Sec
Front Raise (Long Pause at the Top)	3	8 - 12	60 Sec
Lateral Raise (Left, Right, Both)	3	8 - 12	60 Sec
Single Arm Face Pull	3	8 - 12	60 Sec
Rear Delt Fly (Race to 100 Reps)	1	100	20 - 30 Sec
Dumbbell Shrug	3	8 - 12	60 Sec