



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



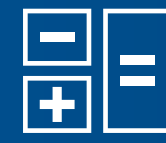
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BEGINNER SHOULDER WORKOUT

This four exercise, nine set shoulder workout is designed for beginners who are looking to put some size onto their shoulders. Perform workout once per week.

Link to Workout: <https://www.muscleandstrength.com/workouts/34-beginner-shoulder-workout.html>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 1 Day

Time Per Workout: 20-30 Mins

Equipment: Barbell, Dumbbells

Author: Doug Lawrenson

Beginner Shoulder Workout

Exercise	Sets	Reps
Seated Dumbbell Press	3	15, 12, 10
Dumbbell Lateral Raise	2	12
Dumbbell Reverse Fly	2	12
Upright Row	2	10