



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



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Workouts



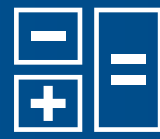
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## THE BEST SHOULDER WORKOUT YOU'VE NEVER TRIED

This unconventional shoulder workout is perfect if you've hit a plateau or are looking for a challenge. Try it for 8 weeks and marvel at your massive shoulders!

Link to Workout: <https://www.muscleandstrength.com/workouts/best-shoulder-workout-youve-never-tried>

**Main Goal:** Build Muscle  
**Training Level:** Beginner  
**Program Duration:** 8 Weeks  
**Days Per Week:** 1 Day

**Time Per Workout:** 45-60 Mins  
**Equipment:** Barbell, Dumbbells  
**Author:** Roger "Rock" Lockridge

## The “You’re Going to Get Big” Shoulders Workout

Exercise	Sets	Reps	Rest
Rotator Cuff Warmup	2 - 3	20 - 25	30 Secs
<a href="#">Standing Barbell Press</a>	5	5	2 Mins
<a href="#">One Arm Lateral Raise</a>	3	“21s”	90 Secs
<a href="#">Bent Over Lateral Raise</a> w/ a Twist	3	15	90 Secs
<b>Superset</b>			
<a href="#">Front Raise</a>	3	20	1 Min
<a href="#">Upright Row</a>	3	20	1 Min