



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



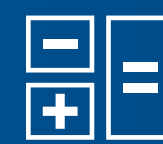
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Videos



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BUILD “HOSS” SHOULDERS W/ FOUAD ABIAD’S SHOULDER WORKOUT

Build “Hoss” shoulders with Fouad “Hoss” Abiad’s heavy bodybuilder shoulder workout! See which exercises this 20 year bodybuilding vet selects and why!

Link to Workout: <https://www.muscleandstrength.com/workouts/fouad-abiads-shoulder-workout>

Main Goal: Build Muscle

Training Level: Advanced

Program Duration: 8 Weeks

Days Per Week: 1 Day

Time Per Workout: 45-60 Mins

Equipment: Dumbbells,
Machines

Author: Team Muscle & Strength

Fouad Abiad’s Shoulder Workout Program

Exercise	Sets	Reps
Incline Chest Machine Press (Warm Up)	3	12 - 15
Seated Dumbbell Press	5	10 - 12
Dumbbell Lateral Raise	4	10 - 12
Partial Side Lateral Raise	4	10 - 12
Smith Machine Behind the Neck Press	4	10 - 12
Rear Delt Machine Fly*	3	10 - 12

*On the last set, Fouad performs these using a rest pause intensity technique taking the muscle to complete failure.