



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



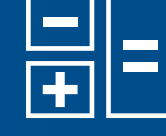
Diet Plans



Expert Guides



Videos



Tools

ELITE SHOULDERS: 3 WEEK SHOULDER SHOCKER WORKOUT

Build wider shoulders with this plan created by Team ALLMAX's Coach Eric Broser. Coach Broser's unique 3 week workout will help spark shoulder growth!

Link to Workout: <https://www.muscleandstrength.com/workouts/3-day-workout-routine-and-diet-for-beginners>

Main Goal: Build Muscle

Training Level: Advanced

Program Duration: 3 weeks

Days Per Week: 1 Day

Time Per Workout: 30-45 Mins

Equipment: Barbell, Cables, Dumbbells, Machines

Target Gender: Male & Female

Author: [Eric Broser](#)

Week 1: The PRRS (Power/Rep Range/Shock) -Hybrid Method

This training protocol utilizes various rep ranges, lifting tempos and intensity techniques to blast all of your muscle fibers, manifest a massive pump and shock the system into igniting growth.

Exercise	Tempo	Sets	Reps
Seated Barbell Press	5/1/1	3	4 - 6
A1. Seated Bent Over Rear Dumbbell Lateral	2/1/1	2	7 - 9
A2. Wide Grip Barbell Upright Row	2/1/1/1	2	7 - 9
Single Arm Incline Cable Side Lateral	3/0/1/1	3	13-15, 10-12, 7-9

Week 2: The FTX2 (Fast Twitch Exponential) Method

This training protocol helps set up maximum fast twitch muscle fiber firing through the use of high reps (to exhaust slow twitch fibers) and heavy explosive lifts (to excite the central nervous system).

Exercise	Tempo	Sets	Reps
Cable Incline Front Raise	2/0/1	2	21 - 25
Seated Dumbbell Press	4/1/1	3	4 - 6
Seated Rear Delt Fly Machine	3/1/1	2	10 - 12
Standing Dumbbell Side Lateral	2/1/1/1	3	10 - 12

Week 3: The SPEC (Stretch/Peak Contraction/Eccentric/Concentric Emphasis) Method

This training protocol utilizes four distinct rep tempos (one for each movement), each emphasizing a different "section" of the range of motion. This forces the muscle to withstand a unique form of tension with each exercise, allowing one to tap into several growth pathways.

Exercise	Tempo	Sets	Reps
Seated Incline Dumbbell Side Lateral	2/4/1/1	3	10 - 12
Wide Grip Cable Upright Row	2/1/1/4	2	7 - 9
Machine Shoulder Press w/ Palms Facing Inward	5/0/1	2	4 - 6
Single Arm Reverse Cable Flye	2/1/4/1	3	7 - 9