



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



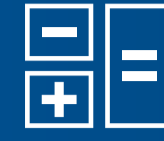
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GIANT SETS FOR GIANT BOULDER SHOULDERS IN 8 WEEKS

Maximize your shoulder muscle growth by incorporating these giant set routines that target every part of the shoulder, plus the traps!

Link to Workout: <https://www.muscleandstrength.com/workouts/8-week-giant-shoulders>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 1 Day

Time Per Workout: 15-30 Mins

Equipment: Barbell, Dumbbells

Author: Roger "Rock" Lockridge

Weeks 1 & 5

Exercise	Sets	Reps
Standing Overhead Barbell Press	1	10
Alternating Standing Lateral Raise	1	10
Bent Over Rear Lateral Raise	1	10
Behind the Rack Upright Row	1	10

Weeks 2 & 6

Exercise	Sets	Reps
Alternating Standing Lateral Raise	1	12
Bent Over Rear Lateral Raise	1	12
Behind the Back Upright Row	1	12
Standing Overhead Barbell Press	1	12

Weeks 3 & 7

Exercise	Sets	Reps
Bent Over Rear Lateral Raise	1	15
Behind the Back Upright Row	1	15
Standing Overhead Barbell Press	1	15
Alternating Standing Lateral Raise	1	15

Weeks 4 & 8

Exercise	Sets	Reps
Behind the Back Upright Row	1	20
Standing Overhead Barbell Press	1	20
Alternating Standing Lateral Raise	1	20
Bent Over Rear Lateral Raise	1	20