



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



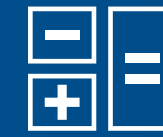
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BUILD SHOULDERS LIKE BOULDERS WORKOUT

Delts. Boulders. Cannonballs. Caps. Regardless of what you call them, everyone wants nice shoulders, right? Learn how to maximize your shoulder training today.

Link to Workout: <https://www.muscleandstrength.com/articles/build-shoulders-boulders-workout>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 1 Day

Time Per Workout: 45-60 Mins

Equipment: Barbell, Cables, Dumbbells, Machines

Author: Reggie Simmons

Shoulder Workout

Exercise	Sets	Reps
Smith Machine Shoulder Press	4	15, 12, 10, 8
Reverse Dumbbell Press	3	12, 10, 8
Cable Laterals (Behind the Glutes)	4	15, 12, 10, 8
Bent Over Reverse Cable Fly	4	15, 12, 10, 8
Cable Upright Row	3	15, 12, 10
Barbell Shrug (1 Sec Pause at Top)	4	15, 12, 10, 8
Dumbbell Shrug (1 Sec Pause at Top)	3	15, 12, 10