



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



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Workouts



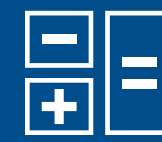
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## THE PERFECT WORKOUT FOR ROCK SOLID SHOULDERS

Build perfectly balanced shoulders with deltoids that cap with this workout routine. The workout incorporates 2 workouts that you alternate weekly.

Link to Workout: <https://www.muscleandstrength.com/workouts/perfect-workout-for-shoulders>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 8 Weeks

**Days Per Week:** 1 Day

**Time Per Workout:** 45-75 Mins

**Equipment:** Barbell, Cables, Dumbbells, Machines

**Target Gender:** Male & Female

**Author:** [Roger "Rock" Lockridge](#)

### Shoulder Workout A (Weeks 1, 3, 5, 7)

Exercise	Sets	Reps
<a href="#">Standing Barbell Press</a>	6	2 - 5
<a href="#">Standing Single Arm Lateral Raise</a>	4	6 - 9
Reverse Lateral Raise on Incline Bench	3	10 - 13
<a href="#">Face Pulls</a>	3	10 - 13

### Shoulder Workout B (Weeks 2, 4, 6, 8)

Exercise	Sets	Reps
<a href="#">Seated Barbell Press</a>	6	2 - 5
<a href="#">Seated Lateral Raise</a>	4	6 - 9
Single Arm Machine Lateral Raise	3	10 - 13
<a href="#">Seated Reverse Machine Fly</a>	3	10 - 13