

BOULDER SHOULDERS

1. DB SEE SAW PRESS

1 X 8-10

1 X 6-8

2 X 6-8 → DB OVER AND BACKS X F
(R/P)

2. CABLE LATERAL ROW OR SIDE LYING LATERAL RAISE

3 X 8 - 10 EACH SIDE

3. DB HIP HUGGERS

3 X 6-8

4. FACEPULLS

2-3 X 12-15

5. CABLE STRETCH FRONT RAISE OR INCLINE STRETCH FRONT RAISE

2-3 X 8-10