

Shoulders & Biceps



Workout Routine #1		Date:			Date:		
Ex.#	Exercise	Reps	Weight	Sets	Reps	Weight	Sets
1	Preacher Curls close grip						
2	Reverse Lateral Raise (head on bench)						
3	35s standard or wide grip						
4	Lateral Raise, Pours with Straight arms						
5	Hammer Curls with Shoulder Press						