

ONE on ONE

Diamond Delts

Volume 1

Date / Week	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Pike Press										
Shoulder Press										
6-Dir Shoulder Fly										
Pike Press										
Shoulder Press										
6-Dir Shoulder Fly										
Pike Press										
Shoulder Fly										
Lean Over Fly										
Pike Press										
Shoulder Fly										
Lean Over Fly										
Deep Arnold Press										
Upright Row Y-Press										
Side Press										
Deep Arnold Press										
Upright Row Y Press										
Side Press										

What you'll need: PowersStands, dumbbells and a chair or stool.

