



Shoulders & Arms

Date / Week												
	Set	Weight/ Reps	Weight/ Reps	Weight/ Reps	Weight/ Reps	Weight/ Reps	Weight/ Reps	Weight/ Reps	Weight/ Reps	Weight/ Reps	Weight/ Reps	Weight/ Reps
1) Pike Press	1											
	2											
	3											
2) Arnold Press	1											
	2											
	3											
3) Straight Arm 6 Move Flies	1											
	2											
	3											
4) Seated Pinky Flies	1											
	2											
	3											
5) Seated Curls	1											
	2											
	3											
6) Stability Ball Skull Crusher	1											
	2											
	3											
7) Crazy Eights	1											
	2											
	3											
8) Tricep Kickbacks	1											
	2											
	3											



What you'll need: Stability Ball, Dumbbells, Bench or Chair