





TRAIN TO WIN
BUILD SIZE AND STRENGTH IN YOUR SHOULDERS

Equipment: Cybex Bravo, Cybex Eagle NX Overhead Press and dumbbells
Total Time: Approx. 30-45 mins.





BLOCK 1: OVERHEAD PRESS

Equipment	Exercise	Description	Duration
Eagle NX	 Overhead Press	Perform rhythmic tempo presses	Medium 8 reps
Eagle NX	 Overhead Press	Perform rhythmic tempo presses	Heavy 8 rep max
Eagle NX	 Overhead Press	Perform rhythmic tempo presses	Heavy 8 rep max
Eagle NX	 Overhead Press	Perform rhythmic tempo presses	Medium 8-10 rep (to failure)




BLOCK 2: REAR DELT ROW

Equipment	Exercise	Description	Duration
Dumbbell		Rear delt rows on an incline bench	Light 8 reps
Dumbbell		Rear delt rows on an incline bench	Heavy 8 rep max
Dumbbell		Rear delt rows on an incline bench	Heavy 8 rep max
Dumbbell		Rear delt rows on an incline bench	Medium 8-10 rep (to failure)

BLOCK 3: OVERHEAD PRESS

Equipment	Exercise	Description	Duration
Eagle NX	 Overhead Press	Engage dual axis	Light 8 reps
Eagle NX	 Overhead Press	Engage dual axis	Heavy 8 rep max
Eagle NX	 Overhead Press	Engage dual axis	Heavy 8 rep max
Eagle NX	 Overhead Press	Engage dual axis	Light 8-10 rep (to failure)

BLOCK 4: LATERAL SHOULDER RAISES

Equipment	Exercise	Description	Duration
Bravo	 Lateral Shoulder Raises	Slight shoulder lean for more rear delt focus	Light 8-12 reps
Bravo	 Lateral Shoulder Raises	Slight shoulder lean for more rear delt focus	Medium 8-12 reps
Bravo	 Lateral Shoulder Raises	Slight shoulder lean for more rear delt focus	Medium 8-12 reps

RESTS
 (unless stated otherwise)

Between sets or intervals:
 rest for 30 sec. to 1 min. – but maintain momentum

Between exercises:
 rest less than 1 min.

Between blocks:
 rest for approx. 2 min.