



SUPER-SHOULDERS



*All exercises below are to be performed with max intent for strength & hypertrophy adaptations

*Perform 3-5 Rounds of Exercises 1-6 (15-30 minutes total)

*Rest 30-60 seconds b/w exercises & Rest 2-3 minutes b/w rounds

No.	Movement Type	Exercise Options	Intensity (Percent)	Volume (reps)
1	Bilateral Horizontal Press	BB Seated Shoulder Press, BB Shoulder Press, BB Z-Press, BB Shurges, BB Push Press, BB Snatch Grip Press	80-100%	4-6
2	Unilateral Horizontal Press	Seated DB Shoulder Press, DB Shoulder Press, DB Z Press, Landmine Press, 1/2 Kneeling DB Shoulder Press, BB Upright Row	55-75%	8-12
3	Light Shoulder Raises	DB Lateral Raises, DB Front Raises, DB Bent Over Reverse Flies, DB Bent Over Y-Raise, DB High Pulls, DB Shrugs, DB Diagonal Raise	35-55%	15-25

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