

SHOULDER BLAST!

Shoulder Double drop set!

- A Drop Set is a bodybuilding technique that allows you to continue an exercise set past fatigue by lowering the weight with less reps.

Shoulder Press - 4 sets x 8-10 reps

Weight - 60-70% of your One Rep Max

Perform the standard 4 sets, 8-10 reps with 60s rest in-between. Straight after the 4th set, drop the weight down by 5-10kg do as many reps as you can until failure. When you can't do any more after that, drop the weight again by 5-10kg and repeat until failure!

Hope you enjoy this! Go to the contact page to suggest any muscle groups workouts!

#LeanTeam

