Only Shoulders

Beginner | 7 min

1		Dumbbell lateral raises Dumbbell	30 Seconds
	Rest		20 Seconds
2		Alternate front raise Dumbbell	30 Seconds
	Rest		20 Seconds
3		Rear raise Dumbbell	30 Seconds
	Rest		20 Seconds
4		Dumbbell lateral raises Dumbbell	30 Seconds
	Rest		20 Seconds
5		Alternate front raise Dumbbell	30 Seconds
	Rest		20 Seconds

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6



Rear raise

Dumbbell

30 Seconds

Rest 20 Seconds

7



Dumbbell lateral raises

Dumbbell

30 Seconds

Rest 20 Seconds

8



Alternate front raise

Dumbbell

30 Seconds

Rest 20 Seconds

9



Rear raise

Dumbbell

30 Seconds

P4P

This is the workout in PDF. In the app you live the full experience.

Here you have the technical structure. In the app you find a richer, more dynamic and more vivid experience.

Download the app

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