Only Shoulders2

Advanced | 3 min | 120 Kcal

1		Dumbbell lateral raises Dumbbell	x30 Reps
2		Dumbbell lateral raises Dumbbell	30 Seconds
3		Dumbbell lateral raises Dumbbell	30 Seconds
4		Dumbbell lateral raises Dumbbell	30 Seconds

Chestify

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.

- Video guide with complete animations
- Proprietary music to train better
- Customizable timer and settings
- Progressive plans for 30, 60 and 90 days
- New workouts generated with artificial intelligence

Download the app

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