

InnerFight

Endure

Conquer

Achieve

Broadway Burn

Dumbbell Shoulder press X 8

Plate Raises X 8

Shoulder Press x 20

Complete the above exercises back to back, Rest 1 min this is 1 round, repeat 3 rounds

Upright Rows X 10

Shrugs X 10

Shoulder Press x 20

Complete the above exercises back to back, Rest 1 min this is 1 round, repeat 3 rounds

Cable Raises X 10

Front Dumbbell Raise X 10

Shoulder Press x 20

Complete the above exercises back to back, Rest 1 min this is 1 round, repeat 3 rounds

InnerFight Guide and Tips

This training is going to put your shoulders through there paces and a little extra. Training shoulders can sometimes put strain on your back if you try to lift too much and sacrifice on technique, this is the last thing we want to do so carry out the exercises properly.

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