

Wide Shoulders

Written by

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Wide Shoulders

Side Lateral ride -- 2 Sets with 6-12 Repetitions

Bent Over Low-Pulley Side Lateral -- 3 Sets with 6-12 Repetitions

Machine Shoulder Press -- 2 Sets with 6-12 Repetitions

Standing Barbell Behind The Neck Press -- 3 Sets with 6-12 Repetitions

Beginners should train during the first 2 weeks only 2 sets of exercise number 3

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