



DELTS

Day_____

Date_____

Time_____

Weight_____

Sleep_____

Stress_____

Mood/Notes _____

Exercise	Sets	Reps	Notes
A1 Barbell military press (rack)	2	5-8	
B1 lying cuff laterals raises	3	8-10	**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)
C1 reverse pec dec	3	8-10	**Double Drop set on this last set. (First set will be in the prescribed 12-15 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

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Complete as giant set.

A1 rope delt face-pull	3	15	3 rounds, 30 seconds rest between supersets
A2 rope rear delt row	3	15	3 rounds, 30 seconds rest between supersets
A3 rope upright row	3	15	3 rounds, 30 seconds rest between supersets
A4 rope front raise	3	15	3 rounds, 30 seconds rest between supersets
A5 rope front delt voodoo press	3	15	3 rounds, 30 seconds rest between supersets

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