

# SHOULDERS AND TRICEPS

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Exercise	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Front Military Press								
One Arm Standing Press								
Upright Row								
Lateral Flys								
Front Deltoid Raises								
Rear Deltoind Flys								
Close Grip Bench Press								
Tricep Extension Overhead*								
Tricep Extension Pull down*								

Sets X 4

- \* Using two dumbbells, bend elbows overhead and extend upwards
  - \* Using cables, keep hand facing up and pull cable down towards you
- All Excercises should be performed at 4 X 10-15  
 It is not necessary to use max weight with these workouts

