

SHOULDER + HIIT WORKOUT

3 Sets x 12 Choose Weight HIIT- 3 Sets x 35 sec

BONUS SUPER SET

Block 1

1. Shoulder Press
2. Upright Row
3. HIIT- Squat Jumps

Block 2

1. Front Raise
2. Lateral Raise
3. HIIT- Jumping Jacks

Block 3

1. Y Raise
2. Shoulder Fly
3. HIIT- Full Plank Hold (or Elbow Plank)



BONUS SUPER SET (4 Sets) Choose Weight

DB Arnold Press - 15 Reps, 12 reps, 8 Reps, 8 Reps

Plate Twist - (use weighted plate) *I use 10lb

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