



Boulder Shoulders

Exercise	Sets	Reps
Dynamic Warm Up/Stretch (Run, Jump Rope, etc.)	1	5-10 mins
Overhead Shoulder Press	3	12
Front Delt Raise	3	12
Military Press	3	8
Side Delt Raise	4	25
Rear Delt Fly	4	25

Load: For this workout, make sure to find your 1 rep max. After you find your 1RM, use about 70-75% of that weight.

Rest: 30-45 seconds between sets. About 1-2 minutes between exercises.