



Extreme Shoulder Training

(Single Wave Triple Drop Supersets, SW3DS)

The Workout Plan:

Superset #1

- **Exercise #1:** Seated Dumbbell Shoulder Press – 3 Sets, 30% Drop in weight per set
- **Exercise #2:** Seated Side Lateral Raises – 3 Sets, 30% Drop in weight per set
- **Exercise #3:** Standing Dumbbell Front Raises – 3 Sets, 30% Drop in weight per set
- **Rest time:** 60 seconds

Superset #2

- **Exercise #1:** Overhead Barbell Shoulder Press – 3 Sets, 30% Drop in weight per set
- **Exercise #2:** Dumbbell Upright Rows – 3 Sets, 30% Drop in weight per set
- **Exercise #3:** Standing Barbell Underhand Front Raises – 3 Sets, 30% Drop in weight per set
- **Rest time:** 60 seconds

Superset #3

- **Exercise #1:** Seated Arnold Shoulder Press – 3 Sets, 30% Drop in weight per set
- **Exercise #2:** Wide Grip Upright Rows – 3 Sets, 30% Drop in weight per set
- **Exercise #3:** Plate Steering Wheel (30,24,20 rotations)

Supplementation:

- **Pre-Workout:** 1 scoop **HVOL**
- **Intra-Workout:** 1 scoop **AMINOCORE + CARBION**
- **Post-Workout:** 1 scoop **CVOL** followed by 1 scoop **ISOFLEX**

Weight Selection: Select a weight you can just barely do 10 to 12 reps with.

Drops: Reduce weight by 30% for each subsequent set.

****Note:** If you are able to reach 12 reps too easily, increase the weight, or increase your reps to 15.

Timing: Within Supersets, move to the next exercise right away and rest for 1 minute between each Superset.

NOTE: ***Superset** - the pairing of two or more exercises ***Drop Set** - Working to failure with 2 or more increments of weight.

WARNING: This workout is not for the faint of heart - be sure you are an intermediate to advanced weight trainer and have ample rest to recover from this extreme amount of training.