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INDEPENDENT TEAM BEACHBODY COACH
ZILLAfitness.com
chad@zillafitness.com

BUILD SHOULDERS

DATE:							
Shoulder Press	15 reps						
	12 reps						
	8 reps						
	8 reps Drop Set						
Lateral Raise	15 reps						
Upright Row							
Lateral Raise	12 reps						
Upright Row							
Lateral Raise	8 reps						
Upright Row							
Upright Row	8 reps DS						
EZ Bar Underhand							
1,1,2 Front Raise	15 reps						
Rear Delt Raise							
EZ Bar Underhand							
1,1,2 Front Raise	12 reps						
Rear Delt Raise							
EZ Bar Underhand							
1,1,2 Front Raise	8 reps						
Rear Delt Raise							
Standing Shrug	15 reps						
Scap Trap							
Standing Shrug	12 reps						
Scap Trap							
Standing Shrug	8 reps						
Scap Trap							
Standing Shrug	8 reps DS						
Sagl Six Way	12 Reps						
Tuck and Roll	15 Reps	r	r	r	r	r	r
Sagl Six Way	8 reps						
Tuck and Roll	15 reps	r	r	r	r	r	r

Body Beast Manual

Sebastian Brünink

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Body Beast Manual:

Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **Body Beast Manual** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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