

FIT CHICKS®

Sizzling Shoulders

WORKOUT

This workout is a shoulder circuit designed to give you an awesome shoulder pump and really burn out those delts!

Go heavy and rest as needed. Do it as a standalone workout or at the end of your upper body day.

1 minute shoulder press

1 minute side lateral raises

1 minute Arnold press

1 minute alternating front raises

Repeat!

Choose your intensity!

Level 1 - use 5-8 pound weights

Level 2 - Use 8-12 pound weights

Level 3 - Use 15-20 pound weights

