



HIITRAZE

7-WEEKS

SHOULDER PUMP

WORKOUT PROGRAM

No equipment



PLAN INTRODUCTION

The 7 Weeks Shoulder Pump Workout Program for Men is a targeted and progressive training program that focuses on building strong and well-defined shoulders using compound and isolation exercises. It gradually increases in intensity over seven weeks and includes a focus on nutrition and recovery, such as healthy eating habits and stretching/foam rolling tips. By the end of the program, participants can achieve their fitness goals and develop a stronger upper body.



It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.

WORKOUT PLAN



Week 1

1 Seated Dumbbell Shoulder Press (4 sets x 10 reps), Lateral Raises (3 sets x 12 reps), Upright Rows (3 sets x 12 reps)

2 Arnold Press (4 sets x 10 reps), Rear Delt Flyes (3 sets x 12 reps), Front Raises (3 sets x 12 reps)

3 REST

↻ Reset

Week 2

1 Military Press (4 sets x 8 reps), Lateral Raises (3 sets x 10 reps), Upright Rows (3 sets x 10 reps)

2 Seated Dumbbell Shoulder Press (4 sets x 8 reps), Rear Delt Flyes (3 sets x 10 reps), Front Raises (3 sets x 10 reps)

3 REST

↻ Reset

Week 3

1 Arnold Press (4 sets x 8 reps), Lateral Raises (3 sets x 8 reps), Upright Rows (3 sets x 8 reps)

2 Military Press (4 sets x 10 reps), Rear Delt Flyes (3 sets x 12 reps), Front Raises (3 sets x 12 reps)

3 REST

↻ Reset

Week 4

1 Seated Dumbbell Shoulder Press (4 sets x 6 reps), Lateral Raises (3 sets x 8 reps), Upright Rows (3 sets x 8 reps)

2 Arnold Press (4 sets x 6 reps), Rear Delt Flyes (3 sets x 8 reps), Front Raises (3 sets x 8 reps)

3 REST

↻ Reset

Week 5

1 Military Press (4 sets x 10 reps), Lateral Raises (3 sets x 12 reps), Upright Rows (3 sets x 12 reps)

2 Seated Dumbbell Shoulder Press (4 sets x 10 reps), Rear Delt Flyes (3 sets x 12 reps), Front Raises (3 sets x 12 reps)

3 REST

↻ Reset

Week 6

1 Arnold Press (4 sets x 8 reps), Lateral Raises (3 sets x 10 reps), Upright Rows (3 sets x 10 reps)

2 Military Press (4 sets x 8 reps), Rear Delt Flyes (3 sets x 10 reps), Front Raises (3 sets x 10 reps)

3 REST

↻ Reset

Week 7

1 Seated Dumbbell Shoulder Press (4 sets x 12 reps), Lateral Raises (3 sets x 15 reps), Upright Rows (3 sets x 15 reps)

2 Arnold Press (4 sets x 12 reps), Rear Delt Flyes (3 sets x 15 reps), Front Raises (3 sets x 15 reps)

3 REST

↻ Reset



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