



SHOULDERS, REAR DELTS – ANTAGONIST SUPERSET WORKOUT

Warm Up: 5-10 min incline treadmill + 1 warm up set of each: Lateral raise & face pull.

1) Seated Dumbbell Shoulder Press

8-10 reps. Followed immediately by...

Reverse Fly Machine

10-12 reps

Rest: 60-75 sec

Total sets: 3

2) Dumbbell Lateral Raise

12-15 reps. Followed immediately by...

Cable Face Pulls

12-15 reps

Rest: 45-60 sec

Total sets: 3

3) Static Dumbbell-Hammer Front Raise

10-12 reps with each side. Followed immediately by...

Low Incline Dumbbell Reverse Fly (palms down)

15 reps

Rest: 30 sec

Total sets: 3

4) Finisher (burnout): Seated Dumbbell Lateral Raise

10-12 reps. Followed immediately by...

Barbell Front Raise

10-12 reps. Followed immediately by...


Barbell Upright Row


10-12 reps


Rest: 60-sec

Total sets: 2

Coach's Corner — Shoulders & Rear Delts Edition

 **Capped delts and stable shoulders don't come from random pressing — they come from balance, control, and targeted volume.**

 You didn't just press — you paired every push with a pull to train smarter, not just harder.

 Rear delts often get overlooked — not today.

This kind of training builds the 3D shoulder look and keeps your posture bulletproof. Stay dialed in.