



PROFESSIONAL'S NAME: Joey Schloeder @ MuscleMind (msclnmnd.com)

WORKOUT : FRIDAY: SHOULDERS/ARMS **DATE: MONTH 1**
GOAL: HYPERTROPHY

WARM-UP			
Exercise	Sets	Duration	Coaching Tip
Jumping Jacks		60 seconds	
Arm Circles		60 seconds	
Side Lateral Raises	3	12 Reps	Pre-activation: Slow and controlled. Light weight

RESISTANCE					
Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Standing Barbell OHP	3	10	2/0/2	60-90 sec	tempo is 2 second concentric/0 hold/2 eccentric
Seated Arnold Press	3	10	2/0/2	“	
Side Lateral Raises	3	10	2/0/2	“	
Shoulder Push Ups	3	AMRAP	2/1/2	30 sec	As Many Reps As Possible
Heavy Barbell Curls	4	8	2/0/2	“	Superset with below
Decline Skull Crushers	4	8	2/0/2	“	
Supinated Dumbbell Curls	4	8	2/0/2	“	Superset with below
Overhead Extensions	4	8	2/0/2	“	

COOL-DOWN			
Exercise	Sets	Duration	Coaching Tip
Treadmill/walk cool down		5 minutes	
Dynamic Stretching		5 minutes	

Coaching Tips:



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WORKOUT : FRIDAY: SHOULDERS/ARMS **DATE: MONTH 2**
GOAL: HYPERTROPHY

WARM-UP			
Exercise	Sets	Duration	Coaching Tip
Jumping Jacks		60 seconds	
Arm Circles		60 seconds	
Side Lateral Raises	3	12 Reps	Pre-activation: Slow and controlled. Light weight

RESISTANCE					
Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Standing Barbell OHP	4	9	2/0/2	60-90 sec	tempo is 2 second concentric/0 hold/2 eccentric
Seated Arnold Press	4	9	2/0/2	“	
Side Lateral Raises	4	9	2/0/2	“	
Shoulder Push Ups	3	AMRAP	2/1/2	30 sec	As Many Reps As Possible
Heavy Barbell Curls	5	8	2/0/2	“	Superset with below
Decline Skull Crushers	5	8	2/0/2	“	
Supinated Dumbbell Curls	5	8	2/0/2	“	Superset with below
Overhead Extensions	5	8	2/0/2	“	

COOL-DOWN			
Exercise	Sets	Duration	Coaching Tip
Treadmill/walk cool down		5 minutes	
Dynamic Stretching		5 minutes	

Coaching Tips:



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WORKOUT : FRIDAY: SHOULDERS/ARMS **DATE: MONTH 3**
GOAL: HYPERTROPHY

WARM-UP			
Exercise	Sets	Duration	Coaching Tip
Jumping Jacks		60 seconds	
Arm Circles		60 seconds	
Side Lateral Raises	3	12 Reps	Pre-activation: Slow and controlled. Light weight

RESISTANCE					
Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Dumbbell Shoulder Press	3	10	2/0/2	60-90 sec	tempo is 2 second concentric/0 hold/2 eccentric
Single Arm Shoulder Press	3	10	2/0/2	“	
Seated Military Press	3	10	2/0/2	“	
Incline Front Raises	3	10	2/1/2	30 sec	
Rope Press Down	4	8	2/0/2	“	Superset with below
Low Pulley Rope Curls	4	8	2/0/2	“	
Single Arm Cable Kickbacks	4	8	2/0/2	“	Superset with below
Barbell Preacher Curls	4	8	2/0/2	“	

COOL-DOWN			
Exercise	Sets	Duration	Coaching Tip
Treadmill/walk cool down		5 minutes	
Dynamic Stretching		5 minutes	

Coaching Tips:



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WORKOUT : FRIDAY: SHOULDERS/ARMS **DATE: MONTH 4**
GOAL: HYPERTROPHY

WARM-UP			
Exercise	Sets	Duration	Coaching Tip
Jumping Jacks		60 seconds	
Arm Circles		60 seconds	
Side Lateral Raises	3	12 Reps	Pre-activation: Slow and controlled. Light weight

RESISTANCE					
Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Dumbbell Shoulder Press	4	10	2/0/2	60-90 sec	tempo is 2 second concentric/0 hold/2 eccentric
Single Arm Shoulder Press	4	10	2/0/2	“	
Seated Military Press	4	10	2/0/2	“	
Incline Front Raises	3	10	2/1/2	30 sec	
Rope Press Down	5	8	2/0/2	“	Superset with below
Low Pulley Rope Curls	5	8	2/0/2	“	
Single Arm Cable Kickbacks	5	8	2/0/2	“	Superset with below
Barbell Preacher Curls	5	8	2/0/2	“	

COOL-DOWN			
Exercise	Sets	Duration	Coaching Tip
Treadmill/walk cool down		5 minutes	
Dynamic Stretching		5 minutes	

Coaching Tips: