

2 Fit 4 You

Shoulder & Biceps

Date: _____ Weight: _____ Notes: _____

EXERCISE	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Machine Shoulder Press						
Bar Military Press						
Bar Upright Row						
Dumbbell Lateral Raise						
Shrugs						
Dumbbell Biceps Curl						
Preacher Bench Biceps Curl						
Standing Cable Biceps Curl						