

DATE / WEEK						
Warm-Up (3:27)						
1 - Single Set	Rd 1	01 Shoulder Press - 15 Target: 25 lbs Bench / Dumbbells	34:05	R 15 W	R 15 W	R 15 W
	Rd 2	02 Shoulder Press - 12 Target: 30 lbs Bench / Dumbbells	32:53	R 12 W	R 12 W	R 12 W
	Rd 3	03 Shoulder Press - 8 Target: 40 lbs Bench / Dumbbells	31:41	R 8 W	R 8 W	R 8 W
	Rd 4	04 Shoulder Press - 8 (Drop Set) Target: 30 lbs Bench / Dumbbells	31:18	R 8 W	R 8 W	R 8 W
2 - Super Set	Round 1	05 Lateral Press - 15 Target: 15 lbs Dumbbells	29:24	R 15 W	R 15 W	R 15 W
		06 Upright Row - 15 Target: 20 lbs EZ-Bar / Weights	28:41	R 15 W	R 15 W	R 15 W
	Round 2	07 Lateral Press - 12 Target: 20 lbs Dumbbells	27:02	R 12 W	R 12 W	R 12 W
		08 Upright Row - 12 Target: 40 lbs EZ-Bar / Weights	26:23	R 12 W	R 12 W	R 12 W
	Round 3/4	09 Lateral Press - 8 Target: 25 lbs Dumbbells	24:33	R 8 W	R 8 W	R 8 W
		10 Upright Row - 8 Target: 70 lbs EZ-Bar / Weights	24:10	R 8 W	R 8 W	R 8 W
		11 Upright Row - 8 (Drop Set) Target: 20 lbs EZ-Bar / Weights	23:35	R 8 W	R 8 W	R 8 W
3 - Giant Set	Round 1	12 EZ Bar Underhand Press - 15 Target: 20 lbs Bench / Ez-Bar / Weights	22:00	R 15 W	R 15 W	R 15 W
		13 1, 1, 2 Front Raise - 15 Target: 10 lbs Dumbbells	21:15	R 15 W	R 15 W	R 15 W
		14 Rear Delt Raise - 15 Target: 10 lbs Dumbbells	19:41	R 15 W	R 15 W	R 15 W
	Round 2	15 EZ Bar Underhand Press - 12 Target: 70 lbs Bench / Ez-Bar / Weights	18:08	R 12 W	R 12 W	R 12 W
		16 1, 1, 2 Front Raise - 12 Target: 10 lbs Dumbbells	17:31	R 12 W	R 12 W	R 12 W
		17 Rear Delt Raise - 12 Target: 10 lbs Dumbbells	16:18	R 12 W	R 12 W	R 12 W
	Round 3	18 EZ Bar Underhand Press - 8 Target: 90 lbs Bench / Ez-Bar / Weights	15:00	R 8 W	R 8 W	R 8 W
		19 1, 1, 2 Front Raise - 8 Target: 15 lbs Dumbbells	14:36	R 8 W	R 8 W	R 8 W
		20 Rear Delt Raise - 8 Target: 15 lbs Dumbbells	13:47	R 8 W	R 8 W	R 8 W
4 - Super Set	Round 1	21 Standing Dumbbell Shrugs - 15 Target: 30 lbs Dumbbells	12:11	R 15 W	R 15 W	R 15 W
		22 Dumbbell Scap Trap - 15 Target: 10 lbs Bench / Dumbbells	11:22	R 15 W	R 15 W	R 15 W
	Round 2	23 Standing Dumbbell Shrugs - 12 Target: 50 lbs Dumbbells	10:20	R 12 W	R 12 W	R 12 W
		24 Dumbbell Scap Trap - 12 Target: 10 lbs Bench / Dumbbells	09:42	R 12 W	R 12 W	R 12 W
	Round 3/4	25 Standing Dumbbell Shrugs - 8 Target: 70 lbs Dumbbells	08:34	R 8 W	R 8 W	R 8 W
		26 Standing Dumbbell Shrugs - 8 (Drop Set) Target: 50 lbs Dumbbells	08:08	R 8 W	R 8 W	R 8 W
		27 Dumbbell Scap Trap - 8 Target: 15 lbs Bench / Dumbbells	07:27	R 8 W	R 8 W	R 8 W
5 - Super Set	Round 1	28 Sagi Six-Way - 12 Target: 10 lbs Bench / Dumbbells	06:02	R 12 W	R 12 W	R 12 W
		29 Tuck & Roll - 15 Bench	04:04	R 15	R 15	R 15
	Round 2	28 Sagi Six-Way - 8 Target: 10 lbs Bench / Dumbbells	02:47	R 8 W	R 8 W	R 8 W
		29 Tuck & Roll - 15 Bench	01:47	R 15	R 15	R 15
Cool Down (0:33)						
Time (38 Min)		Start		Start		Start
		End		End		End
		Total		Total		Total
Average Heart Rate (BPM)		Ave	BPM	Ave	BPM	Ave
Calories Burned			Cals		Cals	

## BODY BEAST, DISC 1B - BUILD | SHOULDERS

### Tools

- 1) Bench (or Stability Ball)
- 2) EZ Curl Bar w/ Weighted Plates (and Spring Collars)
- 3) Weights
- 4) Worksheet and Pen
- 5) Water and Towel

### Legend

- R** - Reps  
**W** - Weight

**\*Note** - All Targeted Weights are Sagi's Weights

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