

SHOULDER WORKOUT USING ONLY DUMBBELLS!

BY MARIAH ALEXANDRA

AT ANY GIVEN TIME, IF YOU'RE UNSURE OF ANY MOVEMENT, WATCH MY VIDEO FOR REFERENCE [HERE](#)

- **SUPERSET 1** (Two Movements done back-to-back with no rest in between)
10 reps x 4 sets
Seated Front Raise
Rotating DB Shoulder Press
- **TRISSET 1** (Three Movements done back-to-back with no rest in between)
10 reps x 4 sets
Overhead Front Raise
Overhead Lateral Raise
Single Arm DB shoulder Press
- **SUPERSET 2**
10 reps x 4 sets
Reverse Grip Lateral Raise
Rear Delt Flies
- **SUPERSET 3 ABS**
10 reps x 4 sets
V- Ups
Weighted V-Ups
- **SUPERSET 4**
10 reps x 4 sets
DB Bicep Curls
Hammer Curls
- **BURNOUT**
DB Upright Row (Until Failure)