



5

*BACK &  
SHOULDER  
EXERCISES*

Go to workouts to make the most out of  
a short workout in the gym.

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# Lat Pulldown

**4 sets of 10-12 reps**

# Seated Cable Row w/ Narrow Grip

**4 Sets of 10-12 reps**

# Rear Delt Fly

**3 Sets of 12 reps**

# Arnold Press

**3 Sets of 12 reps**

# Alternating Lateral and Front Dumbbell Raises

**3 sets of As 10 (each)**

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