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FITNESS COACH

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SHOULDER WOKOUT (Strenth & Stability)

Workout Overview

Point	Summary
Main Goal	Build Strong, Round & Well-Defined Shoulders (Strength + Hypertrophy)
Workout Type	Strength & Muscle Building (Hypertrophy Focus)
Training Level	Intermediate to Advanced
Program Duration	6–8 Weeks
Days per Week	1–2 Shoulder Sessions per Week
Per Workout Time	60–75 Minutes
Equipment Required	Barbell, Dumbbells, Shoulder Press Machine, Cable Machine, Landmine Attachment, Adjustable Bench, Resistance Bands
Target Muscle Groups	Anterior Deltoid (Front), Lateral Deltoid (Side), Posterior Deltoid (Rear), Rotator Cuff, Upper Trapezius
Target Gender	Male & Female

Shoulder Workout with Dumbbells

No.	Exercise	Sets	Reps
1	Seated Dumbbell Shoulder Press	4	8–12
2	Standing Front Raise	3	12–15
3	Dumbbell Lateral Raise	3–4	12–15
4	Dumbbell Reverse Fly	3	12–15
5	Dumbbell Upright Row	3	10–12
6	Plank Dumbbell Shoulder Raise	3	8–10
7	Arnold Press	3–4	10–12

Shoulder Workout with Machines

No.	Exercise	Sets	Reps
1	Barbell Overhead Press	4	6–8
2	Machine Shoulder Press	3–4	10–12
3	Landmine Press	3	10–12
4	Cable Face Pull	3–4	15–20
5	Cable Lateral Raise	3	12–15

Shoulder Warm-Up & Injury Prevention

Exercise	How to Perform	Reps/Time	Purpose
Arm Circles	Small to large circles	30–60 sec	Increase blood flow
Band Pull-Aparts	Pull band to chest	15–20 reps	Activate rear delts & rotator cuff
External Rotations	Rotate band outward	15 reps/side	Shoulder stability
Light Lateral Raises	Light weight	1 set	Prime side delts
Light Front Raises	Light weight	1 set	Prime front delts

Note

If you have a history of shoulder pain, assess shoulder mobility and use proper form. Consult a qualified trainer or physiotherapist before lifting heavy weights.