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# Sample Programme

## Shoulders Pre-Exhaust

Thanks for taking time to download the split routine, shoulder pre-exhaust sample. Perform exercises in a circuit style, starting with side raise moving straight in the press.

## Shoulders Pre-Exhaust Sample

Exercise	Reps	Sets
Shoulders		
Seated side raise (pre-exhaust)	10-12	5
Seated Dumbbell press	8-10	
Standing side raise (pre-exhaust)	8-10	5
Seated barbell press	8-10	

For a telephone consultation and tips and hints to optimised training techniques, get in touch via e-mail at **[info@seanthorntonfitness.com](mailto:info@seanthorntonfitness.com)**.

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