

fst7 shoulders workout

fst7 shoulders workout is a specialized training approach designed to maximize shoulder muscle growth through a unique combination of high volume, strategic rest intervals, and advanced training techniques. This method emphasizes fascia stretching combined with seven sets per exercise, aiming to enhance muscle fullness and definition. The fst7 protocol, developed by renowned fitness coach Hany Rambod, has gained popularity for its effectiveness in targeting the deltoids and improving overall shoulder aesthetics. This article explores the fundamentals of the fst7 shoulders workout, including its principles, key exercises, proper technique, and tips to optimize results. Whether for bodybuilders, athletes, or fitness enthusiasts, understanding this workout method can help achieve impressive shoulder development and strength. The following sections will provide a detailed breakdown of the training strategy, workout routines, and practical advice for implementation.

- Understanding fst7 Shoulders Workout Principles
- Key Exercises for the fst7 Shoulders Workout
- Proper Technique and Form for Shoulder Training
- Sample fst7 Shoulders Workout Routine
- Nutrition and Recovery Tips for Optimal Shoulder Growth

Understanding fst7 Shoulders Workout Principles

The fst7 shoulders workout is built around the concept of fascia stretching combined with high volume training. FST stands for Fascia Stretch Training, and the “7” denotes seven sets performed for the last exercise in a workout. The fascia is a connective tissue surrounding muscles that can limit muscle growth if not properly stretched. By applying continuous tension and strategic stretching during the training, the fascia is encouraged to expand, allowing for greater muscle hypertrophy.

This workout method typically incorporates moderate to heavy weights with relatively short rest intervals between the seven sets—usually 30 to 45 seconds. The goal is to maximize muscle pump and increase blood flow to the shoulder muscles, which supports nutrient delivery and recovery. Additionally, fst7 shoulders workout emphasizes progressive overload and proper mind-muscle connection to stimulate all three heads of the deltoid muscles: anterior, medial, and posterior.

Key Exercises for the fst7 Shoulders Workout

Choosing the right exercises is critical for targeting the shoulder muscles effectively during the fst7 shoulders workout. A balanced routine should include movements that address all parts of the deltoid and supporting muscles. The exercises listed below are commonly used within this training system for optimal development.

Overhead Dumbbell Press

This compound exercise primarily targets the anterior and medial deltoids while engaging the triceps and upper chest. It allows for a full range of motion and can be performed seated or standing, providing stability and core activation.

Lateral Raises

Lateral raises are essential for isolating the medial deltoid head. This movement enhances shoulder width and provides a rounded, capped appearance. Proper form is crucial to avoid using momentum and to ensure the delts are fully engaged.

Rear Delt Flyes

Rear delt flyes focus on the posterior deltoids, which are often neglected but important for shoulder balance and posture. This exercise can be performed with dumbbells or cables and helps improve overall shoulder symmetry.

Arnold Press

The Arnold press is a variation of the overhead press that incorporates rotation, activating all three heads of the deltoid muscles more comprehensively. This dynamic movement promotes muscle coordination and hypertrophy.

Front Raises

Front raises specifically target the anterior deltoids. Using dumbbells, barbells, or plates, this exercise helps develop the front shoulder muscles, contributing to overall shoulder thickness.

- Overhead Dumbbell Press
- Lateral Raises
- Rear Delt Flyes
- Arnold Press

- Front Raises

Proper Technique and Form for Shoulder Training

Executing the fst7 shoulders workout with correct technique is essential to maximize results and prevent injury. Proper form ensures that the shoulder muscles are effectively targeted and reduces the risk of compensatory movements that can strain joints or connective tissues.

Maintaining Controlled Movement

Each repetition should be performed with control, focusing on both the concentric (lifting) and eccentric (lowering) phases. Avoid using momentum to lift weights, as this reduces muscle tension and increases injury risk.

Range of Motion

Using a full range of motion during exercises ensures complete activation of the deltoid muscles. For example, during lateral raises, lifting the arms to shoulder height and lowering them fully engages the medial delts effectively.

Posture and Shoulder Position

Maintain a neutral spine and avoid shrugging the shoulders during pressing movements. Keeping the shoulder blades retracted and stable promotes better muscle engagement and protects the rotator cuff.

Breathing Technique

Proper breathing enhances performance and safety. Inhale during the eccentric phase and exhale during the concentric phase to maintain intra-abdominal pressure and stabilize the torso.

Sample fst7 Shoulders Workout Routine

A typical fst7 shoulders workout incorporates several exercises followed by a final exercise performed for seven sets with minimal rest. Below is a sample routine structured to optimize shoulder hypertrophy while following fst7 principles.

1. Overhead Dumbbell Press: 4 sets of 8-12 reps
2. Lateral Raises: 4 sets of 12-15 reps

3. Rear Delt Flyes: 4 sets of 12-15 reps
4. Arnold Press: 4 sets of 8-10 reps
5. Front Raises: 7 sets of 10-12 reps (FST-7 protocol) with 30-45 seconds rest between sets

During the seven sets of front raises, it is important to maintain strict form and focus on achieving a strong muscle pump. Short rest intervals encourage sustained blood flow and fascia stretching, which are key to the fst7 approach.

Nutrition and Recovery Tips for Optimal Shoulder Growth

Nutrition and recovery are vital components of the fst7 shoulders workout to support muscle repair and growth. Adequate protein intake, balanced macronutrients, and proper hydration facilitate recovery and maximize hypertrophy.

Protein Intake

Consuming sufficient protein is essential for muscle synthesis. Aim for approximately 1.6 to 2.2 grams of protein per kilogram of body weight daily, distributed evenly across meals to maintain a positive nitrogen balance.

Hydration and Electrolytes

Proper hydration supports muscle function and nutrient transport. Maintaining electrolyte balance helps prevent cramps and supports muscle contraction during intense training.

Rest and Sleep

Muscle recovery occurs primarily during rest periods and sleep. Aim for 7-9 hours of quality sleep per night to optimize growth hormone release and tissue repair.

Active Recovery

Light activity on rest days, such as stretching or low-intensity cardio, can promote blood flow and reduce muscle soreness, enhancing readiness for the next fst7 shoulders workout session.

Frequently Asked Questions

What is the FST-7 shoulders workout and how does it work?

The FST-7 shoulders workout is a training method designed by Hany Rambod that focuses on Fascia Stretch Training using 7 sets of a specific exercise with short rest periods to maximize muscle pump and growth. It targets the shoulder muscles by increasing blood flow and nutrient delivery.

Which exercises are commonly included in an FST-7 shoulders workout?

Common exercises in an FST-7 shoulders workout include dumbbell lateral raises, overhead presses, front raises, rear delt flyes, and cable lateral raises. Typically, one exercise is performed for 7 sets with 30-45 seconds rest between sets to stretch the fascia and promote muscle growth.

How often should I perform the FST-7 shoulders workout for optimal results?

It is generally recommended to perform the FST-7 shoulders workout once or twice per week, allowing adequate recovery time between sessions. Overtraining can lead to injury, so listening to your body and ensuring proper rest is essential.

What are the benefits of using the FST-7 method for shoulder training?

The FST-7 method enhances muscle fullness and growth by stretching the fascia around the muscles, increasing blood flow, and promoting nutrient delivery. It can improve shoulder muscle definition, size, and strength when combined with proper nutrition and overall training.

Can beginners safely incorporate FST-7 shoulders workouts into their routine?

Beginners can incorporate FST-7 shoulders workouts but should start with lighter weights and focus on proper form to avoid injury. It's advisable to build a solid foundation with basic shoulder exercises before progressing to high-volume FST-7 training.

What are some tips to maximize results during an FST-7 shoulders workout?

To maximize results, use moderate weights that allow full range of motion, maintain short rest intervals (30-45 seconds), stay hydrated, focus on mind-muscle connection, and incorporate stretching and proper nutrition to support fascia expansion and muscle recovery.

Additional Resources

1. *FST-7 Shoulders: The Ultimate Guide to Sculpted Delts*

This book dives deep into the FST-7 training method specifically tailored for shoulder development. It explains the science behind the seven-set structure and how to maximize muscle pump and growth. Readers will find detailed workout plans, nutrition advice, and tips for avoiding injury while targeting all three heads of the deltoid.

2. *Building Bulletproof Shoulders with FST-7*

Focused on strength and durability, this book combines FST-7 principles with functional training to create resilient shoulders. It provides step-by-step instructions for exercises that enhance stability and mobility alongside muscle growth. The author also covers recovery techniques crucial for long-term shoulder health.

3. *FST-7 Shoulders for Bodybuilders: Maximize Muscle Growth*

Designed for competitive bodybuilders, this guide offers advanced FST-7 strategies to sculpt impressive shoulders. It includes periodization plans, exercise variations, and nutritional protocols to optimize hypertrophy. The book also features insights from pro athletes who have successfully used FST-7.

4. *The Science of FST-7 Shoulder Training*

This book breaks down the physiological mechanisms behind FST-7 and its effectiveness in shoulder training. It explains muscle anatomy, blood flow, and metabolic stress in an accessible way. Fitness enthusiasts will appreciate the evidence-based approach to designing FST-7 workouts.

5. *FST-7 Shoulder Workouts for Beginners*

A perfect starting point for those new to FST-7, this book simplifies the method to help beginners safely build shoulder strength and size. It covers fundamental exercises, proper form, and gradual progression. The author emphasizes injury prevention and sustainable training habits.

6. *High-Intensity FST-7 Shoulder Training*

This book focuses on pushing the limits of shoulder training intensity using the FST-7 protocol. It includes tips for advanced lifters to break plateaus and improve muscle density. Readers will learn how to incorporate drop sets, supersets, and tempo variations into their routines.

7. *FST-7 Shoulders: Nutrition and Supplementation Guide*

To complement the FST-7 shoulder workouts, this guide details optimal nutrition and supplementation strategies. It covers macronutrient timing, hydration, and key supplements that aid muscle recovery and growth. The book aims to help readers fuel their workouts effectively.

8. *Shoulder Symmetry and Balance with FST-7*

Addressing common imbalances and asymmetries, this book uses FST-7 techniques to develop balanced shoulder muscles. It provides corrective exercises and focuses on equalizing strength across all deltoid heads. The author also includes tips for posture improvement and injury prevention.

9. *FST-7 Shoulders: From Gym Beginner to Advanced Athlete*

This comprehensive guide takes readers through all stages of FST-7 shoulder training, from novice to expert levels. It features progressive workout plans, scaling options, and performance tracking tools. The book encourages consistent improvement and long-term commitment to shoulder development.

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fst7 shoulders workout: FST-7 Fascia Stretch Training Fitness Research Publishing, 2023-12-06 FST-7 Fascia Stretch Training System is an in-depth guide to the revolutionary Fascia Stretch Training 7 (FST-7) system, developed by renowned bodybuilding coach Hany Rambod. Designed for bodybuilders and fitness enthusiasts, this book offers a detailed exploration of the FST-7 methodology, emphasizing its unique approach to muscle growth, strength, and physique enhancement. Key Features: Fundamental Principles: The book begins by laying out the core concepts of FST-7, including the importance of fascia stretching, the '7' set rule, and the balance of volume and intensity in workouts. Exercise Techniques: Detailed descriptions of upper and lower body exercises, including chest, back, shoulders, arms, legs, calves, and core workouts, are provided. Each section covers essential FST-7 exercises, offering insights into proper form and execution. Advanced Strategies: The book delves into advanced training techniques, including supersets, compound sets, and periodization, tailored for seasoned bodybuilders seeking to elevate their training. Nutritional Guidelines: Comprehensive dietary guidelines complement the physical aspects of FST-7. The book discusses macronutrient balance, caloric intake, post-workout nutrition, and the role of supplements in muscle growth and recovery. Recovery and Injury Prevention: Emphasizing the importance of recovery in muscle development, the book provides effective strategies for post-workout recovery, injury prevention techniques, and managing common injuries. Integrating FST-7 into Daily Life: Practical advice on balancing training with daily commitments, maintaining consistency, and setting realistic goals is offered, making FST-7 a sustainable and effective part of your lifestyle. Mind-Muscle Connection: The psychological aspect of training is explored, teaching readers how to harness the power of their mind for maximum muscle engagement and growth. Community and Support: The importance of building a supportive FST-7 community and the role of mentorship and coaching are highlighted. This book is not just a training manual; it's a comprehensive resource for anyone looking to adopt the FST-7 system. It combines scientific insights with practical advice, ensuring readers have the tools to effectively implement FST-7 principles for optimal results. Whether you're a beginner or an experienced bodybuilder, Mastering FST-7 is an essential guide to pushing your limits and achieving your bodybuilding aspirations.

fst7 shoulders workout: Build Your Shoulders the Vince Gironda Way Greg Sushinsky, 2018-12-06 Build Your Shoulders the Vince Gironda Way There's great interest in the methods of legendary bodybuilding trainer Vince Gironda. And why not? Although his teaching was complicated at times, Vince was a practical man. What interested him most was building muscle and sculpting fabulous physiques. So, with that in mind we've constructed a practical course very much along those lines. This shoulder-building course features many of the ideas and principles of Vince Gironda

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fst7 shoulders workout: 21 Days to Bigger Shoulders Grant Michaels, 2013-01-30 The Only Shoulder Workout You Will Ever Need Weight training is a very thought out process that requires knowing which exercises are not only going to strengthen your muscles, but which ones will also add on to your muscle size. The same is true when it comes to working out your shoulders. You may think that by working out your arms, chest, and upper back your shoulders will automatically be affected. This just is not true. Not only do your genetics play a role in how big your muscles can actually get, but like any other part of your body specific workouts must be applied to the area. Inside Grant Michael's shoulder workout guide, you will get 11 great exercises that are specifically for toning and building your shoulder muscle mass. You will never look back once you fully understand how your body is impacted by each and every exercise you perform. How Will This Book Help You Increase Your Shoulder Muscle Mass? Grant has put together an extremely detailed illustrated guide specialized in weight training for your shoulders. These 11 exercises will not only focus on the specific deltoid muscles located in the shoulders, but also on the areas surrounding them and the full body. This is to help you ensure that your overall physique is in sync. For example, muscles that will be targeted in this guide besides those located in the shoulder include: Quadriceps Hamstrings Gluteal Abdominal Back Triceps Not only will you get an even workout, but you will learn how to increase your muscle size through safe and recommended methods. You will be taught how to master top-of-the-line weight training exercises that people at the top of their field perform. Why Do You Need a Workout Focused on Your Shoulders? Weight training is a very specific type of working out. The main goal is to obviously build weight onto your body, and when adding this weight you want it to be evenly distributed throughout your muscle mass. Often the shoulders will be overlooked because the trainer thinks that they will automatically be affected from the other exercises. The shoulders are actually the most moveable joints in the body. This makes them very unstable if the muscles, ligaments, and tendons surrounding them are not strengthened. Since your shoulders are involved in the many daily movements that you make with your upper body, it is important to make sure that they have as much attention during your exercise as the rest of your body. What You Should Take Away from This Book When the shoulders are in top shape subsequently so are all areas that are attached to them instead of the other way around. Anyone who has ever suffered from a shoulder injury knows just how important this part of the arm and upper body is. However, with these exercises you will not end up with widely disproportionately shoulder muscles either. Instead you will use the weight training contained within to expand on the strength and size of your shoulders while simultaneously keeping them even with the rest of your body's size.

fst7 shoulders workout: Train Like Phil Heath Fitness Research Publishing, 2023-12-10 Train Like Phil Heath: Mastering FST-7 for Peak Physique is a comprehensive guide that delves into the training secrets of seven-time Mr. Olympia winner, Phil Heath. The book primarily focuses on the Fascia Stretch Training-7 (FST-7) method, a revolutionary approach to bodybuilding developed by Heath's trainer, Hany Rambod. This method has been a key component in sculpting Heath's

renowned physique and has garnered widespread attention in the bodybuilding community for its effectiveness. The book begins by introducing readers to the basic principles of FST-7, explaining how this technique is designed to stretch and expand the fascia tissue surrounding muscles, thereby creating the ideal environment for muscle growth and definition. It provides detailed insights into how Heath incorporates FST-7 into his rigorous training regimen, emphasizing the methodology's role in his remarkable muscle development and symmetry. Subsequent chapters offer step-by-step instructions on how to implement FST-7 in one's own training routine, covering essential aspects such as exercise selection, volume, and frequency. The book also addresses vital components of bodybuilding like nutrition, recovery, and mental preparation, providing a holistic approach to training. *Train Like Phil Heath: Mastering FST-7 for Peak Physique* not only guides readers through the physical aspects of FST-7 but also delves into the mental toughness and discipline required to succeed in bodybuilding at the highest level. It shares Heath's personal experiences and challenges, offering motivational insights that resonate with both novice and experienced bodybuilders. This book is an invaluable resource for anyone looking to enhance their bodybuilding regimen. It combines scientific understanding with practical advice, making the revered techniques of a bodybuilding legend accessible to fitness enthusiasts everywhere. Whether aiming to compete professionally or simply looking to improve their physique, readers will find *Train Like Phil Heath: Mastering FST-7 for Peak Physique* an essential guide to achieving their fitness goals.

fst7 shoulders workout: Power Factor Specialization Peter Sisco, John R. Little, 1999-11 This guide helps bodybuilders and strength athletes isolate exercises to focus on developing powerful shoulders and a strong, defined back. 200 photos.

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fst7 shoulders workout: The New Arm and Shoulder Workout M. Laurence, 2017-03-05 Strategic overload is a new way to work out. Short time frames, non-stop intensity and creative exercises. **THIS IS THE NEW STYLE** of muscle building taking over the exercise world. In this double impact bonus book I take a close look at improving both your arms and shoulders. Hit both these key areas with the right training and diet and you will dramatically improve your physique. This book includes: -A new style of strategic overload training going to failure fast -6 Weeks of Arms and 6 Weeks of Shoulder Workouts -20 pre and post high impact protein snacks and shakes to aid growth, repair and size. Building big shirt-busting arms is possibly the number one reason why many of us go to the gym. If it's not **THE** reason then it's certainly one of our top reasons. Sure big thighs, boulder like calves and breast-plate pecs look great, and certainly get notice, and you should develop them in conjunction with all the muscles of the body if you want the total body. But nothing that gets more attention on a guy than a pair of rippling pythons bulging from the shirt sleeves. Big arms

alone won't make your physique stand out. Width and a V taper will. Put two men side by side with the same waist size and ask who is bigger? The guy with the wider shoulders wins. Wide shoulders will give your entire physique that herculean bronze-statue larger than life look. You could have a number of great body parts but if your overall shape is narrow you'll look small. If your arms are huge and your shoulders small, you'll look narrow. The shoulders add overall proportion, add balance, and create an aesthetically pleasing silhouette. Sure big thighs, boulder like calves and breast-plate pecs look great, and certainly get notice, and you should develop them in conjunction with all the muscles of the body if you want the total body. But whatever your goal you will need to create width. Nothing that gets more notice than a taut V-Taper that every bodybuilder craves. But getting that perfect V-Taper is not as easy as it seems otherwise everyone at the gym would have boulder like shoulders. Many guys go to the gym train for hours but don't make the progress they want, if any. That's where this book comes in - -A new style of strategic overload training going to failure fast -6 Weeks of Arms and 6 Weeks of Shoulder Workouts -20 pre and post high impact protein snacks and shakes

fst7 shoulders workout: *Shoulder Exercise for Beginners* Irene Hushpupi, 2025-07-06
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fst7 shoulders workout: *The Complete Book of Shoulders and Arms* Kurt Brungardt, 1997-05-15 For men, broad shoulders and muscular arms are the archetype for strength and power. For women, the sagging underarm is one of the most common trouble spots. For both, defined deltoids make the waist appear smaller and separate the arm from the shoulder, creating an athletic and healthy look. Body-conscious modern fashions make training the shoulders and arms a priority for everyone. *The Complete Book of Shoulders and Arms* is the definitive resource to train these muscles safely. Each exercise is illustrated in detail, ranked for difficulty, flagged for lower-back risk and accompanied by explicit instructions and specific training tips to achieve optimal results. The exercise routines are based on the most current research in sports medicine/exercise physiology and were created by top strength coaches, athletes, personal trainers, exercise physiologists, doctors, physical therapists and nutritionists. Programs are designed for everyone from the novice to the advanced enthusiast, for the corporate executive with time-crunched schedules and for the senior concerned with wellness.

fst7 shoulders workout: *Chest and Shoulders* Joe Weider, 1984-01-01

fst7 shoulders workout: *Look Great Sleeveless* Brad Schoenfeld, 2002 With this customized upper body program based on Brad Schoenfeld's High Energy Fitness system, you will discover how to tone muscles while reducing body fat. It's like having Brad as your personal trainer, sharing with you the same supercharged techniques he uses with the many fitness models who are among his clients. Book jacket.

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fst7 shoulders workout: *Muscular Arms and Shoulders* Harry B. Paschall, 2012-06-01 I wish I could state boldly that this book is written by the 'World's Foremost Authority on Physical Culture', but I am afraid to make such a categorical statement. After all, I have only been a student of body building and weight lifting for forty years. A lifetime is not long enough to learn all there is to know about this vital subject. So I shall merely say that the contents of this book represent what one man has learned through close association with the leading men of muscle, through practical, realistic shoulder-to-shoulder workouts in the world's leading training centres. The impractical methods have been weeded out, and this brief work gives you the gist of accepted practice of the present-day stars. I believe firmly that anyone who puts this information to practical use will be able to develop strong, shapely and perfectly muscled arms and shoulders. It may be of some small comfort to other muscleheads to know that the author is still as much in love with barbells and dumb-bells as he was forty years ago, and still uses them regularly and happily. - HARRY B. PASCHALL A must have in your physical culture library. Visit our website and see our many books at PhysicalCultureBooks.com

fst7 shoulders workout: *Best Upper Body Workout: Get Big Arms Now, Sculpt a V-Shaped Torso* Lee L. Boyce, 2019-02-15 Do you wish to sculpt your upper body?... or do you wonder how you could create that V-shaped torso? Are you tempted to find out what exercises can bulk up your shoulders? Do you feel stagnant, stuck in a rut, and ready for transformation? Are you terrified of ending up old having wasted years of your life unhappy? If you keep doing what you've always done, you'll never fight the blues and get find happiness. Is this positive for you? Best Upper Body Workout: Get Big Arms Now, Sculpt A V-Shaped Torso teaches you every step, including a workout plan for having the best upper body. This is a book of action and doesn't just tell you to try harder. Life rewards those who take matters into their own hands, and this book is where to start. Best Upper Body Workout is full of real-life methods for people just like you, proven techniques that have worked for many people. These methods are backed up countless studies, all of which will arm you with a mindset primed for success, happiness, and proven upper body training. Easy-to-implement small changes and practical takeaways for immediate action. What happens when you train your arms? - Learn what exercises can stimulate the bicep muscles. - The secrets to getting your arms bulging. - What are the arm training tips from experts? - Best exercises that work on the triceps in multiple angles. How to properly sculpt a V-shaped torso? - Identify the components of a V-shaped torso. - How to strengthen and sculpt your back? - Tricks for getting cannonball shoulders. - How to develop new habits to help you achieve your dream body? What happens when you don't let life pass you by? - Never wonder what if you could have that superhero-like body! - Wake up every day with high energy and desire. - Inspire yourself and others to gain the body you want. - Start your journey to sculpting your upper body. Find out how to let go of your lack of energy and take flight towards being happy, period. Create a happy life and excitement you want. Try Best Upper Body Workout: Get Big Arms Now, Sculpt A V-Shaped Torso today by clicking the BUY NOW button at the top right of this page! P.S. You'll be on your way to getting happy within 24 hours.

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shoulders small, you'll look narrow. The shoulders add overall proportion, add balance, create an aesthetically pleasing silhouette. Sure big thighs, boulder like calves and breast-plate pecs look great, and certainly get notice, and you should develop them in conjunction with all the muscles of the body if you want the total body. But whatever your goal you will need to create width. Nothing that gets more notice than a taut V-Taper that every bodybuilder craves. But getting that perfect V-Taper is not as easy as it seems otherwise everyone at the gym would have boulder like shoulders. Many guys go to the gym train for hours but don't make the progress they want, if any. The reasons for not making the progress we want is varied and many. Maybe you have hit a plateau, maybe you have just started training or are returning to the gym, or hit a wall where your growth has just stopped and we can't seem to move forward and get that size we crave. That is where this book comes in. This book includes: -Details on how the shoulder muscles actually work -6 Weeks of workouts -20 Protein shakes/snacks for Pre and Post workout -The BEST trick to ensure you build quality muscle Scroll up and get started!

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