

## For getting shredded Natural pro Bodybuilder Bernard Cunningham

### Wed back and shoulders

1. **Wide-grip pull down superset one front and one behind the neck for one set**, for the front pull the weight down on or close to your chest sticking your chest out, control the weight while it pull your arms up pulling your lat out while slightly leaning back, **for behind the neck** bring the weight down close to your traps squeezing your upper back, do not touch the traps, also control the weight while it pull your arms up pulling your lat out while slightly leaning back, make sure you fill the pull, **complete one in the front and one behind the neck for one rep, 4 sets, 15-10 reps.**
2. **Reverse pull down**, put your hands on the bar shoulder width, palms facing toward you with your elbows slightly bent letting the weight pull the lats, slightly lean back pulling the weight down to your chest then control back up, **3-4 sets 15-10 reps.**
3. **Seated row**, leave your knee's slightly bent, pull the weight to the lower part of your stomach seating straight sticking your chest out do not lean back, control the weight as it pull you, let it pull your lats at the end of the rep leaning a little forward, don't let the weights make contact, **4 sets 15-10 reps.**
4. **Reverse Barbell Bent over row**, leave your knees slightly bent at all times palms facing out, let the weight pull your lats when the weight get close to the floor, pull the bar to your lower stomach leaning your upper body up a little sticking your chest out squeezing your back with your hand coming right on the side close to your lower stomach, **4 sets, 12-8 reps.**
5. **One arm dumbbell bent over row**, pull the dumbbell up bring it close to the outside of your chest squeezing your back, let the weight down close to the floor let the weight pull the lats do not touch the floor, repeat with other arm, **4 sets, 10-8 reps. Stroll down for the next workout**

### Shoulders

1. **Smith machine behind the neck military press**, push the weight all the way up leaving a slight bent in the elbow contracting the shoulders, control the weight on the way down in the middle of the back of your head, **warm up 2 set 15-20, workout 4-5 sets, 15-8 reps, (optional)** then perform a drop set.
2. **(dumbbell lateral raise)**, leave a slight bent in your elbows bringing your elbows a little above your shoulders twisting your wrist like you are pouring a pitcher of water with thumbs pointed to the floor, don't swing your body too much control the movement, don't touch the weights together when you bring it down.

**Or you can do this workout in replace of 1 and 2 Shoulder machine press or dumbbell press superset with lateral raise machine or dumbbell lateral raise.**

(**shoulder machine press**), push the weight up extending the arms all the way out leaving a slight bent in your elbow contracting the shoulders then bring the arm down slightly below parallel, sit straight up do not lean back. (**dumbbell press**) perform the same movement as shoulder machine press, (**lateral raise machine**) bring your elbows above your shoulders when performing this exercise, (**dumbbell lateral raise**), leave a slight bent in your elbows bringing your elbows a little above your shoulders twisting your wrist like you are pouring a pitcher of water with thumbs pointed to the floor, don't swing your body to much control the movement, don't touch the weights together when you bring it down.

**Superset shoulder machine press or dumbbell press 4 sets, 15-10  
with lateral raise machine or dumbbell lateral raise 4 set, 15-12**

3. **Dumbbell front raise**, bring the weight a little higher than your shoulder to contract, bring your arm up in the middle of your chest leaving a slight bent in your elbow, **4 sets, 10 reps.**
4. **Rear delta machine or bent over rear lateral raises standing**, on the rear delta machine, squeeze the rear delta when performing the rear delta machine, with **bent over rear lateral raises** leave a slight bent in your knee, squeeze the rear delta when bringing the weight up don't let the weight touch after you bring it down, **4 sets, 15 reps.**
5. **Smith machine or barbell behind the neck shrugs**, try to bring the bar pass your butt squeezing the traps for a quick sec, allow the weight to pull your traps when bringing it back down, **You can also superset this with dumbbells shrug**, perform the workout the same but you will have the dumbbells on the side leaving a slight bent in your elbow when squeezing the traps.

**Smith machine or barbell behind the neck shrugs 4 sets, 12-8 reps**

**Dumbbell shrugs 4 sets, 10 reps.**

**Do this work for 10-12 weeks**

Rest 30 sec to a min in between sets.

You can choose to split the body parts making it a five day a week work if you choose. To stay injury free is best to have a weight belt, knee and elbow wraps for heavy lifting, for a strong grip have some lifting strap for workouts like deadlift, always stretch in between workouts to avoid injury and long term damage to joints and also you can do 10-15 min cardio before your workout to warm up your body.

For best results train with sweat pants and hoodie to burn more calories.