

Shoulder, biceps and back mass builder from Natural pro bodybuilder Bernard Cunningham mass builder

Wends Shoulders and biceps

1. **Front 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 bringing it close to your upper chest , **warm up 1 set, 15-20 rep then 4 sets, 15-6 reps**
 2. **Lateral raises**, 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 after you bring them down , **4 sets, 12-10 reps**
 3. **Upright barbell rows**, put your hands about 2 to 3 inches apart leaving a slight bent in your elbow, bring the bar around your nose squeezing the shoulder, **4 sets, 12-10 reps**
 4. **Rear delta machine or bent over rear lateral raises standing**, on 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 touch the weights together after you bring them down, **4 sets, 15-12 reps**
 5. **Dumbbell shrugs**, squeeze the traps for a quick sec, allow the weight to pull your traps when it comes back down **4 sets, 10-8 reps.**
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1. **Straight bar curls**, place your hands shoulder width, make sure you squeeze the biceps on each rep and do not swing the weight control it going up and down, warm 1 set 15-20 reps then 4 sets, 10-6 reps
 2. **Preacher curls**, it is important to squeeze the biceps, control the movement, you do need a lot of weight to perform this exercise unless your biceps require it, leave a slight bent when extending the arm to much of a bend is in correct, **4 sets, 12-10 reps**
 3. **standing one arm Dumbbell curl**, squeeze the biceps raising the elbow up a little, control the weight on the way down **4-sets, 10-8 reps**
 4. **Hammer curls** bring the arms up above parallel **3-4 sets, 10 reps**
 5. **Concentration curls**, when doing this do not bring the shoulder up if you are involving the shoulder the weight is too heavy, squeeze the biceps after each curl, when bringing the weight down fully extend the arm, you can also seat down and perform this workout **4 sets, 15-10 reps. stroll down for the next workout.**

Thursday Back day

1. **Dead lift**, keep your back arch on the way down, when bringing the weight up lock your back never lock your knees, **warm up 2 set,15-20 rep then 4 sets, pyramid 10, 8, 6, 4 and (optional)2 reps**
2. **Wide grip pull down**, push the weight down to your chest while leaning back slightly, control the weight while extending your arms up letting the weight pull the lats, **4 sets, 12-10 reps**
3. **Bent over row**, leave your knees slightly bent at all times, 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 of your lower stomach **4 sets, 10-8 reps**
4. **T bar row with 45 lb bar**, Bring the weight up to your stomach squeezing your back, if you can't touch your stomach with the weight your leaning your upper body back to much, **4 sets, 12-8 reps perform a drop set.**
5. **One arm dumbbell row** pull the dumbbell up bring it close to the outside of your chest squeezing the back, when the weight is close to the floor let the weight pull the lats do not touch the floor, repeat with other arm **4 sets, 10-8 reps.**

Do this work for 10-12 weeks

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 and 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 to warm up your body.