

# Karate Shoulders



EVERYTHING  
IS POSSIBLE  
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## (Fitt Couple Workout)

EXERCISE 1 / 1:30 REST	SETS	REPS	WEIGHT
Machine press (pronation grip)	3	8	

### SUPER SET

Machine hammer shoulder press

EXERCISE 2 / 1:30 REST	SETS	REPS	WEIGHT
Side dumbbell raise locked	3	10	

EXERCISE 3 / 1:30 REST	SETS	REPS	WEIGHT
Reverse barbell front raise	3	10	

EXERCISE 4 / 1:30 REST	SETS	REPS	WEIGHT
Facepulls	3	10	

EXERCISE 5 / 1:30 REST	SETS	REPS	WEIGHT
Dumbbell shrug	3	10	

### SUPER SET

Barbell traps pull

