



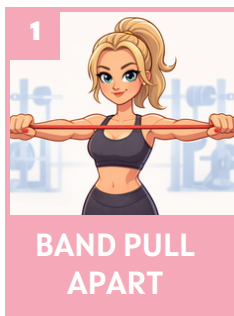
*thisfitmum*



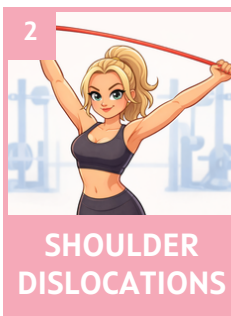
# SCULPTED SHOULDERS

**Muscle Mummy Approved**  
**30 Minutes | Dumbbells Only**

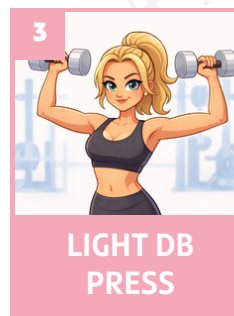
## WARM UP



**12-14** reps

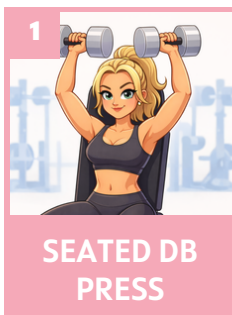


**12-14** reps



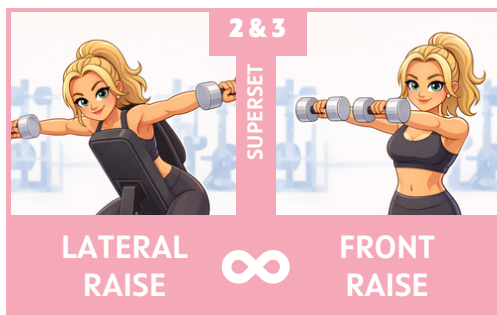
**12-14** reps

## WORKING SETS



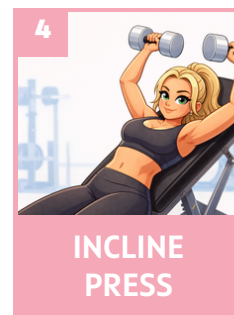
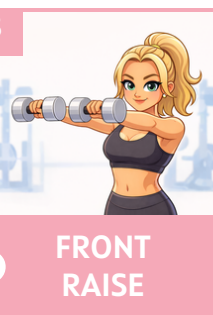
**2 Sets**

- 6-8 reps
  - 10-12 reps
- Rest:** 120 sec



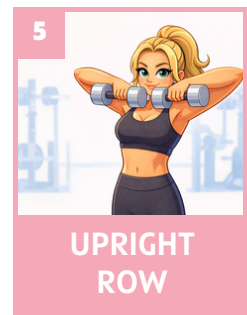
**3 Sets**

- 10-12 reps
- Rest:** 60 sec



**2 Sets**

- 6-8 reps
  - 10-12 reps
- Rest:** 120 sec



**3 Sets**

- 10-12 reps
- Rest:** 60 sec

*get coaching*

**START YOUR  
JOURNEY**

**7 DAY FREE TRIAL**

**NO HIDDEN FEES**

**APPLY HERE**

