



M.A.S.S. Delt Routine 1

Power/Strength Workout

Date: _____ Time Started: _____ Warm-Up/Stretch

Weight: _____ Time Finished: _____ Cooldown

EXERCISE	Weight (lbs.)	Reps (Target)	Reps (Completed)	Notes
Push Press				
SET 1		6		Rest interval between sets: 2 to 3 minutes.
SET 2		6		
SET 3		6		
Dumbbell Press				
SET 1		6		Rest interval between sets: 2 to 3 minutes.
SET 2		6		
SET 3		6		
Upright Rows				
SET 1		6		Rest interval between sets: 2 to 3 minutes.
SET 2		6		
SET 3		6		
Shrugs				
SET 1		6		Rest interval between sets: 2 to 3 minutes.
SET 2		6		
SET 3		6		

NOTES

Blank area for notes.

Cardio: _____ Time: _____ Calories burned: _____

_____ Time: _____ Calories burned: _____

MUSCLETECH® SUPPLEMENTS USED

_____	_____	_____
_____	_____	_____
_____	_____	_____

M.A.S.S. Delt Routine 2

Crazy Detail Workout

Date: _____ Time Started: _____ Warm-Up/Stretch

Weight: _____ Time Finished: _____ Cooldown

EXERCISE	Weight (lbs.)	Reps (Target)	Reps (Completed)	Notes
Machine Press				
SET 1		10		Rest interval between sets: 1 minute max.
SET 2		10		
SET 3		10		
Side Dumbbell Laterals				
SET 1		10		Rest interval between sets: 1 minute max.
SET 2		10		
SET 3		10		
Front Barbell Raises				
SET 1		10		Rest interval between sets: 1 minute max.
SET 2		10		
SET 3		10		
Bent-Over Dumbbell Laterals				
SET 1		10		Rest interval between sets: 1 minute max.
SET 2		10		
SET 3		10		

NOTES

Blank area for notes.

Cardio: _____ Time: _____ Calories burned: _____

_____ Time: _____ Calories burned: _____

MUSCLETECH® SUPPLEMENTS USED

_____	_____	_____
_____	_____	_____
_____	_____	_____