

# 12-WEEK SHOULDER WORKOUT PROGRAM FOR STRENGTH AND MASS

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Here's the outline of the 12-week shoulder training program:

- Week 1 – Jeff Nippard Shoulder Hypertrophy Program
- Week 2 – Jay Cutler Shoulder Workout
- Week 3 – Phil Heath Shoulder Workout
- Week 4 – Ronnie Coleman Shoulder Workout
- Week 5 – Arnold Shoulder Workout
- Week 6 – Athlean X Shoulder Workout
- Week 7 – Dorian Yates Shoulder Workout
- Week 8 – Chris Bumstead Shoulder Workout
- Week 9 – Abel Albonetti Shoulder Workout
- Week 10 – John Meadows Shoulder Workout
- Week 11 – Jeremy Buendia Shoulder Workout
- Week 12 – Dwayne Johnson Shoulder Workout

You may also like: [12 Week Body Transformation Workout Plan](#)

## Instructions to Follow the Program Properly

**Adjustment:** Feel free to adjust the sets, rest time, and reps to suit your fitness level.

**If you're a Beginner:** This shoulder workout routine will be challenging. So, if you're a newbie, you can split one session into two and complete this program in 16-24 weeks.

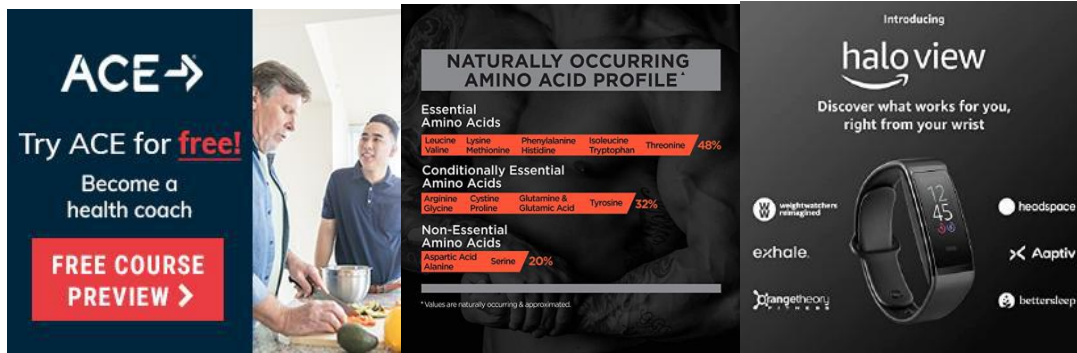
**Suitable split for a dedicated shoulder program:** Keep your shoulder day between your leg and arms. This will avoid movement repetition and allow you to train your shoulder from every angle. For example, you can follow this split to train your shoulders effectively:

- Monday – Chest
- Tuesday – Legs and Core
- Wednesday – Shoulders
- Thursday – Arms
- Friday – Glutes and Core
- Saturday – Back
- Sunday – OFF

**If you follow upper/lower, PPL, or [full-body split](#):** You can split shoulder exercises into multiple parts and fit them into your training program to do them throughout the week. For example, you can divide six exercises into two parts and do them on two different days.

**Warm-up:** Warming up shoulders helps improve performance and minimize the risk of injuries. You can do the following exercises to get your delts ready before lifting weights.

- Floor YTW Raises: 15 reps x 2
- [Dumbbell Internal and External Rotation](#): 30-sec/side x 2
- Band Pull-Apart: 10 reps x 2
- Banded Lateral Raise: 15 reps on each side
- Banded Face Pulls: 15 reps x 2
- Pick a couple of exercises and perform them for 5 minutes before starting the main workout.
- Additionally, you can perform your usual warm-up exercises, such as jogging on the treadmill and stationary bicycling.



Let's see how you'll train your shoulder every week to build muscle, strength, and mobility.

## Week 1 – Jeff Nippard Shoulder Hypertrophy Program

Jeff is a natural bodybuilder, powerlifter, and fitness coach. He helps people achieve their desired shape through his YT channel and training programs. His method of training works and helps many people achieve their fitness goals.

Jeff has also designed a dedicated shoulder hypertrophy program for those who want to build sculpted and sizable delts.

I've included the main part of his shoulder training in this 12-week routine.

Exercise	Reps	Sets	% 1RM	Rest
<a href="#">Cable External Rotation</a>	12-15	2	–	45-sec
<a href="#">Standing Barbell Overhead Press</a>	8-10	1	50%	2-min
Standing Barbell Overhead Press	4-6	2	70-80%	2-min
Standing Barbell Overhead Press	AMRAP	1	90%	3-min
Lean-away Cable Lateral Raise	12-15	3	–	3-min
Incline Dumbbell Lateral Hold	10-sec	2	–	No Rest
Banded Lateral Raises	15/side	2		1-min
Reverse Pec Deck Fly	15-20	3		1-min

**Source:** JeffNippard.com

**Note:** I haven't used the exact wording of his program, so that it may look slightly different than his original program

## Week 2 – Jay Cutler Boulder Shoulders

Jay Cutler is a renowned professional bodybuilder who has won multiple bodybuilding competitions, including the Mr. Olympia title four times (in 2006, 2007, 2009, and 2010).

He has an impressive physique with massive muscles and is known for his dedication to training and his strict diet.

Many people follow Jay's training method to build a sizable and muscular physique.

He followed different routines for his shoulder muscle development. I've included one of them that can help you grow your delts.

Exercise	Reps	Sets	% 1RM	Rest
Seated DB Overhead Press (Warm-up)	12-15	2	30-45%	45-sec
Seated DB Overhead Press (Working Sets)	8-12	3	50-65%	1-min
<a href="#">Side Delt Dumbbell Raises</a>	8-12	2	50-60%	1-min
<a href="#">Barbell Front Raises</a>	8-12	2	50-60%	1-min
Reverse Cable Crossover	8-12	4	50-60%	1-min
<a href="#">Lateral Delt Machine Raise</a> (Bent arm)	8-12	2	50-60%	1-min
<a href="#">Shoulder Shrug</a>	8-12	3	50-60%	1-min

**Source:** JayCutlerTV

## Week 3 – Phil Heath Shoulder Workout

Seven-time Mr. Olympia winner Phil Heath is a popular name in the fitness community.

He has a well-defined, muscular physique with highly developed chest, arms, shoulders, back, and leg muscles.

His muscularity is balanced and symmetrical, with each muscle group complementing the others to create an overall aesthetic physique.

Phil typically follows a split-training routine, which means that he focuses on training specific muscle groups on different days of the week.

His workouts often involve using heavy weights and doing multiple sets and repetitions to build muscle mass and improve strength.

Below, I've included one of his shoulder workout plans that primarily involves machine exercises.

Exercise	Reps	Sets	Rest
Seated Machine Overhead Press	8-10	3	2-min
Smith Machine Military Press	8-10	3	2-min
Dumbbell Lateral Raise (Dropset)	20, 25, 12, 10	3	2-min
Machine Lying Rear-Delt Raise	12-15	3	2-min
Cable Face-Pull	12-15	3	2-min
Dumbbell Front Raise	10-12	3	2-min

**Note:** Phil Heath alternates dumbbell lateral raises with lateral machine raises, machine rear delt raises with reverse pec decks, and dumbbell front raises to one-arm machine front raises.

**Source:** MusclevelandFitness.com

## Week 4 – Ronnie Coleman Shoulder Workout

Eight-time winner of Mr. Olympia Ronni Coleman is known for his impressive size, strength, and muscularity.

He would typically use heavy weights and high volume to stimulate muscle growth and strength, and he placed a strong emphasis on maintaining proper form and technique during his exercises.

I've also included his shoulder workout routine in this program so that you can try his workout.

Exercise	Reps	Sets	Rest
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Seated Barbell Shoulder Press	12-20	5	2-min
Cable One Arm Lateral Raise	20-25	4	2-min
Dumbbell Front Raise	8-10	3	2-min
Reverse Machine Fly	15-25	4	2-min
Back Shrug	15-20	4	2-min

**Source:** BroScience.com

## Week 5 – Arnold Shoulder Workout

Seven-time My Olympia champion Arnold Schwarzenegger is known for his impressive physique and training style.

He had a particular focus on building strong, well-developed shoulders, which helped to create his iconic V-tapered physique.

Arnold's shoulder workout places a strong emphasis on using heavy weights and compound movements to stimulate muscle growth and strength.

He also includes isolation exercises, such as the dumbbell lateral raise and rear delt fly, to target specific areas of the shoulder muscles.

Here's one of Arnold's shoulder workout programs you can try to bolster your delts and forge your traps.

Exercise	Sets	Reps	Rest
Seated Barbell Shoulder Press	4	12, 10, 10, 8	90-sec
Dumbbell Lateral Raise	4	12, 12, 10, 8	1-min
Smith Machine Shoulder Press	4	12, 10, 10, 8	90-sec
Seated Rear Delt Dumbbell Fly	4	12, 10, 10, 8	1-min
Barbell Upright Row	4	12, 10, 10, 8	1-min

**Source:** Bodybuilding.com

## Week 6 – Athlean X Shoulder Workout

The AthleanX shoulder training program is created by Jeff Cavaliere. Jeff is a popular fitness YouTuber, licensed physical therapist, and certified strength and conditioning specialist.

He is known for his unique approach to training, which combines elements of physical therapy, strength training, and functional movement to help his clients achieve their fitness goals while avoiding injury.

Jeff shared his complete shoulder workout routine on his website and Youtube channel. I liked his routine and included it in this three-month program.

Exercise	Sets	Reps	Rest
Overhead Band Press (Warm-up)	2	15 (3-sec hold/rep)	1-min
Overhead Shoulder Press	4	10, 8, 6, 6	2-min
Banded Overhead Dumbbell Press	1	15	1-min
Delt Stretch Tri-set (21's)	2-3	7/delt	2-min
DB One-arm Cheat Laterals + Push Press (Superset)	3	Failure	–
Cable or Band Face Pulls	3	15	2-min

**Source:** Athleanx.com

## Week 7 – Dorian Yates Shoulder Workout

Dorian Yates is six times My Olympia winner from 1992 to 1997. He uses heavy weights and compound movements to stimulate muscle growth and strength during his workout.

Dorian believed in training to failure, which means pushing each set to the point where it's impossible to complete another repetition with proper form.

He used to perform only one working set (till failure) for every exercise he did. He tried to perform each exercise at the highest intensity possible.

Dorian's High-Intensity Training (HIT) method is simple, effective, and scientifically aligned. And it helped him win many titles during his long career as a professional bodybuilder.

Exercise	Sets	Reps
Seated Dumbbell Overhead Press	1	8-10
Seated DB Lateral Raise	1	8-10
Standing Cable Lateral Raise	1	6-8
Bent-over Rear Delt Machine	1	10-12
Bent Over Rear-delt Db Flys	1	8-10
Standing DB Shrugs	1	12-15

### Instructions to perform Dorian's Shoulder workout:

- Before doing the working sets, perform at least one warm-up set (10-12 reps each) of each exercise.
- Lift weight at 50-60% of your 1RM during warm-up.
- Lift as heavy as possible during the final sets.
- Keep the rest time as short as possible between sets.

## Week 8 – Chris Bumstead Shoulder Training Program

Exercise	Sets	Reps
SM Shoulder Press (Controlled Warm-up Sets)	3	6, 3, 3
Smth Machine Overhead Press (Working Sets)	3	10, 8, 12
Seated Hammer Shoulder Press (Warm-up Sets)	2	3, 2
Seated Hammer Shoulder Press (Working Sets)	4	15, 8, 10, 15
Single-arm Machine Lateral Raises	4	15/side
Reverse Pec Deck Fly	3	6, 10, 6

30-Degree Incline Prone Front DB Raises	2	10-15
Bent-Over Rear Delt DB Fly	2	10, 6

**Source:** CBum YouTube Channel

**Instructions:**

- Start with the Smith machine shoulder press and perform one set of six reps, followed by two sets of three reps each.
- Exercise 2 (SM Shoulder Press): Reduce weight in the final sets and aim for 12 reps.
- Exercise 4 (Seated Hammer Shoulder Press): Perform the first two sets with a heavy load, then de-load the plates in the subsequent sets.
- Keep the rest time between sets as short as possible.

## **Week 9 – Abel Albonetti Shoulder Workout for Mass**

Abel Albonetti is a fitness model, personal trainer, and YouTuber who is known for his impressive physique and intense training style.

Abel’s shoulder workout routine is designed to build strength and size while also focusing on shape and aesthetics.

He often performs his exercises with strict form and a controlled tempo to maximize muscle activation and minimize the risk of injury.

He also varies his rep ranges to ensure that his muscles are challenged in different ways and to promote overall muscle growth.

Here’s one of his intense shoulder workouts that focuses on each delt properly.

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
Seated Dumbbell Overhead Press	5	6-12
Standing Behind the Neck Barbell Press	5	8-10
DB Lateral Raise + Upright Row (Superset)	4	10-12
Reverse Flyes + Facepull (Superset)	4	10-12
Smith Machine Shrug	6	10-12



## Week 10 – John Meadows Shoulder Workout Program

John Meadow’s shoulder routine fits nicely in this program. The uniqueness of his routine is that he starts his training with lateral delt and ends his workout with the overhead press.

Not only is his training pattern different from what you usually do, but it is also effective and helps you build toned, beefy, and rounded shoulders.

Exercise	Sets	Reps
Standing DB Lateral Raise	2	25
Two-arm Cable Rear Delt Fly	2	25
45-degree Prone DB Y raises	2	25
Machine Overhead Press	2	25

## Week 11 – Jeremy Buendia Shoulder Workout Routine

Jeremy Buendia is a four-time Mr. Olympia Men’s Physique champion known for his impressive and aesthetic physique.

His shoulder workout emphasizes using a combination of compound and isolation exercises to build strength and size in the shoulder muscles while also promoting a balanced, aesthetically pleasing physique.

Jeremy typically focuses on using lighter weights with strict form and slow, controlled movements to target the muscle effectively and minimize the risk of injury.

Exercise	Sets	Reps
Seated Dumbbell Overhead Press	4	10, 8, 6, 10-20
Dumbbell Lateral Raise	5-7	10-20
Alternating Dumbbell Front Raises	4-5	10-15
Cable Behind-the-Back Lateral Raise	3-4	10-15
Cable Front Raise with Rope	3-4	10-15
Cable Face-Pull	4	10-15
Barbell One-Arm Lateral Raise	4	10-15

## Week 12 – Dwayne Johnson Shoulder Workout

Exercise	Sets	Reps
Seated Dumbbell Overhead Press	3-5	10-15
Dumbbell or Barbell Front Raise	3-4	10-15
Dumbbell Lateral Raise	3-4	20-25
Bent-Over Lateral Raise or Reverse Pec-Deck Flye	3-4	10-15
Barbell Shrug	3-4	8-10
Heavy Dumbbell Shrug	3-4	10-12

## Frequently Asked Questions (FAQs)

### How many exercises should you do on shoulder day?

You can perform around five exercises on your shoulder day to have a balanced workout. And it must include at least one exercise for every small muscle group, such as the front delt, rear delt, lateral delt, and upper trap.

### Can you train your shoulders 2 times a week?

Splitting the shoulder workout into two parts is a good idea. This way, you can train your delts effectively without overtraining them. You can follow this [six-day push/push/legs program](#) to perform shoulder workouts twice a week.

## Are 12 weeks enough to build bigger shoulders?

You can achieve decent results in 12 weeks, but it is not enough to build bigger shoulders. You need to train your shoulders consistently and eat nutritious food for six months to one year to grow strength and size.

### Related Programs:

- [Free 12-Week Ab Workout Plan to Forge Six-Pack Abs](#)
- [12-Week Glute Program to Transform Your Booty](#)
- [10-Week Chest Workout Routine for Strength and Size](#)
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