



FITNESS

WORKOUT GUIDE

SHOULDER & BACK WORKOUT | 4 WEEKS

Drop excuses. Just lift. Track your progress and build your dream body.

DATE:

1. WEEKLY FOCUS

What is my main target for this week?

2. WORKOUT SUMMARY | WEEK 1

Target: Upper Body (Back & Shoulders)

Level: Intermediate / Women’s Fitness

Main Goal: Sculpt & Definition

Duration: 45-60 Mins

Rest: 60-90 Sec between sets

Duration: 2 Days per week | 4 weeks

DAY 1: BACK FOCUS

Exercise Description	Sets & Reps	Set 1	Set 2	Set 3	Set 4
Lat Pulldown (Wide Grip)	4 x 10-12				
Seated Cable Row (Close Grip)	4 x 10-12				
One-Arm Dumbbell Row	3 x 12				
Arnold Press	3 x 10-12				
Cross-Cable Lateral Raises	3 x 12-15				
Dumbbell Lateral Raises	3 x 15-20				

DAY 2: SHOULDER SCULPT

Exercise Description	Sets & Reps	Set 1	Set 2	Set 3	Set 4
Arnold Press	4 x 10-12				
Cross-Cable Lateral Raises	4 x 12				
Dumbbell Lateral Raises	3 x 15-20				
Lat Pulldown (Wide Grip)	3 x 10-12				
Seated Cable Row (Close Grip)	3 x 10-12				
Rear Delt Fly (Reverse Pec Deck)	3 x 12-15				

3. WEEKLY REFLECTION

What did I achieve this week?

What was the biggest challenge & how can I improve?

MY BIGGEST WIN

NOTES:

- Progressive Overload: Aim to increase weight or reps slightly every week.
- Use the blank columns above to note the weight lifted (e.g., '30 lbs') or reps completed during your session

4. DAILY HABITS TO TRACK

- ☐ Controlled form & technique
- ☐ Drank 3L of water
- ☐ Applied progressive overload

 **Jessy Mora**

 **Fitness Workout Guide**

 **www.fitnessworkoutguide.com**

Need a personalized training & nutrition plan? Contact me for coaching: morasaucedoj@outlook.com



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Target: Upper Body (Back & Shoulders)
Level: Intermediate / Women’s Fitness
Main Goal: Sculpt & Definition

Duration: 45-60 Mins
Rest: 60-90 Sec between sets
Duration: 2 Days per week | 4 weeks

DAY 1: BACK FOCUS

Exercise Description	Sets & Reps	Set 1	Set 2	Set 3	Set 4
Lat Pulldown (Wide Grip)	4 x 10-12				
Seated Cable Row (Close Grip)	4 x 10-12				
One-Arm Dumbbell Row	3 x 12				
Arnold Press	3 x 10-12				
Cross-Cable Lateral Raises	3 x 12-15				
Dumbbell Lateral Raises	3 x 15-20				

DAY 2: SHOULDER SCULPT

Exercise Description	Sets & Reps	Set 1	Set 2	Set 3	Set 4
Arnold Press	4 x 10-12				
Cross-Cable Lateral Raises	4 x 12				
Dumbbell Lateral Raises	3 x 15-20				
Lat Pulldown (Wide Grip)	3 x 10-12				
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2. WORKOUT SUMMARY | WEEK 3

Target: Upper Body (Back & Shoulders)
Level: Intermediate / Women’s Fitness
Main Goal: Sculpt & Definition

Duration: 45-60 Mins
Rest: 60-90 Sec between sets
Duration: 2 Days per week | 4 weeks

DAY 1: BACK FOCUS

Exercise Description	Sets & Reps	Set 1	Set 2	Set 3	Set 4
Lat Pulldown (Wide Grip)	4 x 10-12				
Seated Cable Row (Close Grip)	4 x 10-12				
One-Arm Dumbbell Row	4 x 12				
Arnold Press	3 x 10-12				
Cross-Cable Lateral Raises	3 x 12-15				
Dumbbell Lateral Raises	3 x 15-20				

DAY 2: SHOULDER SCULPT

Exercise Description	Sets & Reps	Set 1	Set 2	Set 3	Set 4
Arnold Press	4 x 10-12				
Cross-Cable Lateral Raises	4 x 12				
Dumbbell Lateral Raises	4 x 15				
Lat Pulldown (Wide Grip)	3 x 10-12				
Seated Cable Row (Close Grip)	3 x 10-12				
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What is my main target for this week?

2. WORKOUT SUMMARY | WEEK 4

Target: Upper Body (Back & Shoulders)
Level: Intermediate / Women’s Fitness
Main Goal: Sculpt & Definition

Duration: 45-60 Mins
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Duration: 2 Days per week | 4 weeks

DAY 1: BACK FOCUS

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DAY 2: SHOULDER SCULPT

Exercise Description	Sets & Reps	Set 1	Set 2	Set 3	Set 4
Arnold Press	4 x 10-12				
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