



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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## DELTOID DESTRUCTION: HIGH VOLUME & INTENSITY SHOULDER WORKOUT

It's time to finally bring your lagging deltoids up to speed. Check out team Allmax Athlete Brandon Beckrich and his big & heavy shoulder workout!

Link to Workout: <https://www.muscleandstrength.com/workouts/deltoid-destruction-workout>

**Main Goal:** Build Muscle  
**Training Level:** Advanced  
**Program Duration:** 6 Weeks  
**Days Per Week:** 1 Day

**Time Per Workout:** 45-60 Mins  
**Equipment:** Barbell, Dumbbells, Machines  
**Author:** Team Allmax

### High Volume & Intensity

Exercise	Sets	Reps
<a href="#">Machine Side Lateral Raises</a>	4	10, 12, 15, 20
<a href="#">Barbell Military Press</a>	3	12 - 15
<a href="#">Barbell Upright Row</a>	3	10 - 12
<a href="#">Seated Dumbbell Front Raise</a>	3	15
<a href="#">Seated Rear Dumbbell Lateral Raise</a>	4	20
<a href="#">Machine Shrugs</a>	4	10