Advanced Trainee:

Walking Laterals: Let a wall assist you: get on your hands: move from left to right 3 rounds as long as you can go

Scott Press: 8 reps
SS
Arnold Press: 12 reps
SS
Seated DB Laterals: 20 reps
SS
Plate Raises: 12 reps
5 Rounds 75 sec rest between each round

Reverse Grip BB Military Press: 7/5/3 7/5/3 Increase Weight each Round: Go back to Starting Weight when starting 4th set 90 sec rest (3:1 Tempo)

Standing Arnold DB Press: 12 Reps
SS
Bent Over Cable Flys: 20 Reps
5 sets: 30 sec rest

Side Cable Laterals: 5 sets of 12 Reps each side: no rest

Beginner:
Seated Machine Side Laterals: 4 sets of 15 reps
Seated Overhead Press: 8/6/4/3/8- Increase Weight Each Set/ Revert Back to starting weight on final set
Standing DB Front Raises: 4 sets of 12 Reps- 30 sec rest
Bent Over Cable Flys: 4 sets of 15 reps- 30 sec rest
Seated Arnold DB Press: 4 sets of 15 reps- 30 sec rest