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GK Sports

4-WAY SPLIT

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4-Day Split**Level 1**

Phase III	Week 9			Week 10			Week 11			Week 12		
Exercise	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>

Day 4			
Dumbbell Shoulder Press	3	8	60
Dumbbell Lateral Raise	3	8	60
Seated Dumbbell Rear Delt Elbow Raise	3	8	60
Cable External Rotation	3	8	60
Cable Internal Rotation	3	8	60
Dumbbell Shrug	3	8	60