

12-Week Deltoid Rebuild: Weekly Breakdown C

IronPinoy.com • Structured for 55+ lifters: 2 focused sessions/week + 1 optional



Weeks 1–4 • Foundation & Activation

- Workout A (Compound Focus): Seated DB Press 4×8–10; DB Lateral Raise 4×12–15; Face Pull 3×15; Rear Delt Fly 3×12–15.
- Workout B (Isolation/Volume): Standing OHP 4×8; Cable Lateral 4×12–15; Rear Delt Cable Fly 4×12–15; Upright Row 3×10–12.
- Cues: Moderate loads, strict form, 2–3s eccentrics. Prioritize mind-muscle connection.

Weeks 5–8 • Strength & Growth

- Workout A: Seated DB Press 5×6–8 (heavier); DB Lateral + Drop Set 4×10–12; Face Pull 4×12–15; Rear Delt Row 3×10–12.
- Workout B: Push Press 4×6–8; Cable Lateral 5×12–15; Rear Delt Cable Fly 4×12–15; DB Front Raise 3×12.
- Cues: Introduce drop sets, slow negatives, end-range partials. Keep joints happy.

Weeks 9–12 • Specialization & Peak

- Workout A: Arnold Press 4×8–10; DB Lateral (rest–pause) 4 sets; Reverse Pec Deck 4×12–15; Upright Row 3×8–10.
- Workout B: Standing OHP 5×6; 1-Arm Cable Lateral 4×12–15; Rear Delt DB Fly 4×12–15; Face Pull 3×15–20.
- Cues: High pump work; emphasize lateral/rear delts; perfect tempo and range.

Week 1 • Weeks 1–4 • Foundation & Activation

- ☐ Mon: Workout A + Rotator Cuff Prehab (5 min)
- ☐ Tue: Active Recovery: 20–30 min walk or mobility
- ☐ Wed: Workout B + Rotator Cuff Prehab (5 min)
- ☐ Thu: Rest or Mobility (10–15 min)
- ☐ Fri: Optional Pump/Finisher Day + Cuff Prehab
- ☐ Sat: Rest or Light Cardio 20–30 min
- ☐ Sun: Full Rest

Week 2 • Weeks 1–4 • Foundation & Activation

- ☐ Mon: Workout A + Rotator Cuff Prehab (5 min)
- ☐ Tue: Active Recovery: 20–30 min walk or mobility
- ☐ Wed: Workout B + Rotator Cuff Prehab (5 min)
- ☐ Thu: Rest or Mobility (10–15 min)
- ☐ Fri: Optional Pump/Finisher Day + Cuff Prehab
- ☐ Sat: Rest or Light Cardio 20–30 min
- ☐ Sun: Full Rest

Week 3 • Weeks 1–4 • Foundation & Activation

- ☐ Mon: Workout A + Rotator Cuff Prehab (5 min)
- ☐ Tue: Active Recovery: 20–30 min walk or mobility
- ☐ Wed: Workout B + Rotator Cuff Prehab (5 min)
- ☐ Thu: Rest or Mobility (10–15 min)
- ☐ Fri: Optional Pump/Finisher Day + Cuff Prehab
- ☐ Sat: Rest or Light Cardio 20–30 min
- ☐ Sun: Full Rest

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Week 4 • Weeks 1–4 • Foundation & Activation

- ☐ Mon: Workout A + Rotator Cuff Prehab (5 min)
- ☐ Tue: Active Recovery: 20–30 min walk or mobility
- ☐ Wed: Workout B + Rotator Cuff Prehab (5 min)
- ☐ Thu: Rest or Mobility (10–15 min)
- ☐ Fri: Optional Pump/Finisher Day + Cuff Prehab
- ☐ Sat: Rest or Light Cardio 20–30 min
- ☐ Sun: Full Rest

Week 5 • Weeks 5–8 • Strength & Growth

- ☐ Mon: Workout A + Rotator Cuff Prehab (5 min)
- ☐ Tue: Active Recovery: 20–30 min walk or mobility
- ☐ Wed: Workout B + Rotator Cuff Prehab (5 min)
- ☐ Thu: Rest or Mobility (10–15 min)
- ☐ Fri: Optional Pump/Finisher Day + Cuff Prehab
- ☐ Sat: Rest or Light Cardio 20–30 min
- ☐ Sun: Full Rest

Week 6 • Weeks 5–8 • Strength & Growth

- ☐ Mon: Workout A + Rotator Cuff Prehab (5 min)
- ☐ Tue: Active Recovery: 20–30 min walk or mobility
- ☐ Wed: Workout B + Rotator Cuff Prehab (5 min)
- ☐ Thu: Rest or Mobility (10–15 min)
- ☐ Fri: Optional Pump/Finisher Day + Cuff Prehab
- ☐ Sat: Rest or Light Cardio 20–30 min
- ☐ Sun: Full Rest

Week 7 • Weeks 5–8 • Strength & Growth

- ☐ Mon: Workout A + Rotator Cuff Prehab (5 min)
- ☐ Tue: Active Recovery: 20–30 min walk or mobility
- ☐ Wed: Workout B + Rotator Cuff Prehab (5 min)
- ☐ Thu: Rest or Mobility (10–15 min)
- ☐ Fri: Optional Pump/Finisher Day + Cuff Prehab
- ☐ Sat: Rest or Light Cardio 20–30 min
- ☐ Sun: Full Rest

Week 8 • Weeks 5–8 • Strength & Growth

- ☐ Mon: Workout A + Rotator Cuff Prehab (5 min)
- ☐ Tue: Active Recovery: 20–30 min walk or mobility
- ☐ Wed: Workout B + Rotator Cuff Prehab (5 min)
- ☐ Thu: Rest or Mobility (10–15 min)
- ☐ Fri: Optional Pump/Finisher Day + Cuff Prehab
- ☐ Sat: Rest or Light Cardio 20–30 min
- ☐ Sun: Full Rest

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Week 9 • Weeks 9–12 • Specialization & Peak

- ☐ Mon: Workout A + Rotator Cuff Prehab (5 min)
- ☐ Tue: Active Recovery: 20–30 min walk or mobility
- ☐ Wed: Workout B + Rotator Cuff Prehab (5 min)
- ☐ Thu: Rest or Mobility (10–15 min)
- ☐ Fri: Optional Pump/Finisher Day + Cuff Prehab
- ☐ Sat: Rest or Light Cardio 20–30 min
- ☐ Sun: Full Rest

Week 10 • Weeks 9–12 • Specialization & Peak

- ☐ Mon: Workout A + Rotator Cuff Prehab (5 min)
- ☐ Tue: Active Recovery: 20–30 min walk or mobility
- ☐ Wed: Workout B + Rotator Cuff Prehab (5 min)
- ☐ Thu: Rest or Mobility (10–15 min)
- ☐ Fri: Optional Pump/Finisher Day + Cuff Prehab
- ☐ Sat: Rest or Light Cardio 20–30 min
- ☐ Sun: Full Rest

Week 11 • Weeks 9–12 • Specialization & Peak

- ☐ Mon: Workout A + Rotator Cuff Prehab (5 min)
- ☐ Tue: Active Recovery: 20–30 min walk or mobility
- ☐ Wed: Workout B + Rotator Cuff Prehab (5 min)
- ☐ Thu: Rest or Mobility (10–15 min)
- ☐ Fri: Optional Pump/Finisher Day + Cuff Prehab
- ☐ Sat: Rest or Light Cardio 20–30 min
- ☐ Sun: Full Rest

Week 12 • Weeks 9–12 • Specialization & Peak

- ☐ Mon: Workout A + Rotator Cuff Prehab (5 min)
- ☐ Tue: Active Recovery: 20–30 min walk or mobility
- ☐ Wed: Workout B + Rotator Cuff Prehab (5 min)
- ☐ Thu: Rest or Mobility (10–15 min)
- ☐ Fri: Optional Pump/Finisher Day + Cuff Prehab
- ☐ Sat: Rest or Light Cardio 20–30 min
- ☐ Sun: Full Rest

Notes:

- *Prehab (every session): External Rotations, Wall Slides, Band Pull-Aparts (5 min).*
- *Tempo: 2–3s eccentrics; Rest: 60–90s isolation, 90–120s presses.*
- *Optional Finishers: 100-Rep Lateral Raise OR Giant Set (Side→Front→Rear raises).*
- *Scan QR for YouTube exercise demos and tutorials.*