

Day 2 focuses on improving muscular endurance and time-under-tension for the middle deltoid. The session includes a 5-minute warm-up with arm circles, light band raises, and shoulder mobility drills, followed by a main exercise of lateral raises (2-3 sets of 15-25 reps) or isometric abduction holds at 90°. A cool-down consists of stretching the middle deltoid, upper trapezius, and pectoralis. Accessory exercises like band pull-aparts and front raises may be added.