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.

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