



SHOULDERS & CORE

DELTS • CORE • STABILITY

WELCOME

Welcome to JWS Fitness — and to The JWS Performance System.

This guide shares the training structure I've personally used throughout my own fitness journey. I'm not a certified personal trainer or medical professional, and this isn't intended to replace professional advice.

It's simply the program that has worked well for me — and something I wanted to share with the community.

Whether you're looking to build strength, improve consistency or simply enjoy training, I hope this guide gives you some structure and motivation. You're not being coached from above here — you're training alongside me.

TRAIN SMART ♦ STAY CONSISTENT ♦ ENJOY THE JOURNEY

— **Shannon**

WHAT'S INSIDE

SHOULDERS & CORE — STABILITY / STRENGTH

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• THE FULL SYSTEM

THE JWS PERFORMANCE SYSTEM — ONE EBOOK PER DAY

DAY 01	Squat Focus — Quads · Glutes · Calves
DAY 02	Chest & Triceps — Push Strength
DAY 03	Back & Biceps — Pull Strength
DAY 04	5 km Performance Run — Conditioning
DAY 05	Deadlift Focus — Posterior Chain
DAY 06	Shoulders & Core — Stability · Strength

THIS BOOK

THE JWS METHOD

HOW I APPROACH EVERY WEEK

TRAIN.

Show up and do the work. I chase progressive overload — a little more weight, one more rep, slightly better form than last week. Small wins, stacked relentlessly.

FUEL.

Food is fuel, not the enemy. Protein with every meal, water within reach all day, and enough on the plate to actually support the training. I don't earn food — I use it.

PERFORM.

Every session gets logged. Weights, reps, how it felt. What gets measured improves — the numbers keep me honest on the days motivation doesn't show up.

REPEAT.

Consistency beats intensity, every time. Six training days, one rest day, every week. The system only works if you keep showing up — so that's the whole job.

SHOULDERS & CORE

STABILITY / STRENGTH

8 EXERCISES · ~50 MIN · 4-WEEK PROGRAM

• WARM-UP — 7 MIN

01 Assault bike — 7 min, steady pace

• THE PROGRAM — 4-WEEK PROGRESSION

HOW I RUN THIS PROGRAM

I repeat this day each week for four weeks, adding weight as the reps come down: **WK 1** ×15 → **WK 2** ×12 → **WK 3** ×8 → **WK 4** ×12 — with the main lift switching to heavy **5×5** strength work.

1 **Barbell Shoulder Press**

TARGETS: SHOULDERS · TRICEPS

4×15
WK 1

4×12
WK 2

4×8
WK 3

5×5
WK 4



TEMPO 2-1-2 ♦ REST 90s ♦ INTERMEDIATE ♦ BARBELL · RACK

♦ **Cue:** Brace before the bar moves — press straight up and slide your head through at lockout.

WATCH FOR flaring the ribs and arching · pressing around the chin · half lockouts

No gear? Seated DB press · Machine shoulder press · Landmine press

SHOULDERS & CORE

STABILITY / STRENGTH

8 EXERCISES • ~50 MIN • 4-WEEK PROGRAM

• THE PROGRAM — CONTINUED

SUPERSET • 4 ROUNDS

2 DB Arnold Press

TARGETS: ALL THREE DELT HEADS

4×15

WK 1

4×12

WK 2

4×8

WK 3

4×12

WK 4

TEMPO 2-1-2 ♦ INTERMEDIATE ♦ DUMBBELLS

♦ **Cue:** Start palms facing you, rotate out as you press — one smooth corkscrew to lockout.

WATCH FOR rushing the rotation • arching to press heavier • stopping short of lockout

No gear? Seated DB press • Single-arm landmine press



3 Upright Rows

TARGETS: SIDE DELTS • TRAPS

4×15

WK 1

4×12

WK 2

4×8

WK 3

4×12

WK 4

TEMPO 2-1-2 ♦ INTERMEDIATE ♦ BARBELL OR EZ BAR

♦ **Cue:** Wide-ish grip, elbows lead — pull to the lower chest and stop there; height comes from the elbows, not the wrists.

WATCH FOR pulling to the chin • grip too narrow • swinging with the hips

No gear? Cable upright row • DB lateral raise



4 Bent-Over Rear Delt Flies

TARGETS: REAR DELTS

4×15

WK 1

4×12

WK 2

4×8

WK 3

4×12

WK 4

TEMPO 2-1-2 ♦ BEGINNER ♦ DUMBBELLS

♦ **Cue:** Hinge over, soft elbows — sweep wide like you're spreading a set of wings.

WATCH FOR rowing instead of flying • standing too upright • heavy and sloppy

No gear? Reverse pec-deck • Cable rear-delt fly



Rest 90s after each full round

SHOULDERS & CORE

STABILITY / STRENGTH

8 EXERCISES · ~50 MIN · 4-WEEK PROGRAM

• THE PROGRAM — CONTINUED

5 External Rotations

TARGETS: ROTATOR CUFF

4×15/leg

WK 1

4×12/leg

WK 2

4×8/leg

WK 3

4×12/leg

WK 4



TEMPO 2-1-2 ♦ REST 45s ♦ BEGINNER ♦ CABLE OR BAND

♦ Cue: Elbow pinned to your side at 90° — rotate the forearm out slow, and lighter than you think.

WATCH FOR too heavy and swinging · elbow drifting off the ribs · racing the reps

No gear? Band external rotation · Side-lying DB rotation

♦ OVERHEAD TIP

A shaky overhead press is usually a soft midsection, not weak shoulders. I squeeze my glutes and brace my abs like I'm about to be punched — the bar path fixes itself.

♦ SMALL MUSCLES, SMALL WEIGHTS

External rotations are the cheapest shoulder insurance there is — and they only work light. If the weight makes me swing, it's doing nothing for the cuff and everything for my ego.

SHOULDERS & CORE

STABILITY / STRENGTH

8 EXERCISES • ~50 MIN • 4-WEEK PROGRAM

• THE PROGRAM — CONTINUED

CORE FINISHER • 3 ROUNDS

6 Hollow Hold

TARGETS: DEEP CORE

30 S

TIME

3

ROUNDS

BACK DOWN

LOWER

STEADY

BREATHE

INTERMEDIATE ♦ NONE

♦ **Cue:** Lower back pressed into the floor, arms and legs long — shake is fine, sagging isn't.

WATCH FOR lower back peeling off the floor • chin jammed to chest • holding the breath

No gear? Bent-knee hollow hold • Dead bug



7 Butterfly Sit-Ups

TARGETS: ABS

30 S

TIME

3

ROUNDS

TOGETHER

SOLES

FLOOR BOTH ENDS

TOUCH

BEGINNER ♦ NONE

♦ **Cue:** Soles of the feet together, knees wide — reach overhead to the floor, sit all the way up to your toes.

WATCH FOR yanking the neck • half sit-ups • flopping down instead of controlling

No gear? Regular sit-ups • Crunches



8 Russian Twists

TARGETS: OBLIQUES

30 S

TIME

3

ROUNDS

45°

LEAN

EACH SIDE

TOUCH

BEGINNER ♦ BODYWEIGHT OR PLATE

♦ **Cue:** Lean back to a strong 45° — rotate from the ribs and touch down each side, feet up if you've got it.

WATCH FOR just waving the arms side to side • rounding into a slump • feet flailing

No gear? Cable woodchop • Side plank reach-through



30 seconds each, straight through — rest only between rounds

SHOULDERS & CORE

STABILITY / STRENGTH

8 EXERCISES · ~50 MIN · 4-WEEK PROGRAM

● **SESSION TRACKER** DATE ____ / ____ / ____

BODYWEIGHT _____	SLEEP HRS _____	WATER (L) _____	MOOD /5 _____	ENERGY /5 _____	DURATION _____
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● **LIFT LOG**

EXERCISE	SET 1	SET 2	SET 3	SET 4
Barbell Shoulder Press	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___
DB Arnold Press	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___
Upright Rows	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___
Bent-Over Rear Delt Flies	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___
External Rotations	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___

PERSONAL BEST THIS SESSION

☐ Session complete

TODAY'S FOCUS

● **NOTES**

ONE THING I FOCUS ON

Add weight every week as the reps drop. Week 4 is the 5x5 on the shoulder press — glutes and abs squeezed tight, press through, head comes through the window.

RECOVERY PRINCIPLES

THE TRAINING YOU DON'T SEE

01 Sleep is where the growth happens

I aim for 7–9 hours. Training breaks the muscle down — sleep is when it rebuilds. Skipping it means training twice for half the result.

02 The rest day is part of the program

Day 7 isn't a reward — it's built in. Six days on, one day fully off. Take it without guilt; it's a given.

03 Easy movement beats the couch

When I'm sore, a gentle walk does more than sitting still ever will. Blood flow is recovery.

04 Hydrate all day, not just at the gym

Water bottle within reach from the moment I wake up. It's the cheapest performance upgrade there is.

05 Soreness is fine — pain is a signal

Muscle soreness comes with the work. Sharp or joint pain doesn't — that's my cue to back off and sort it before pushing on.

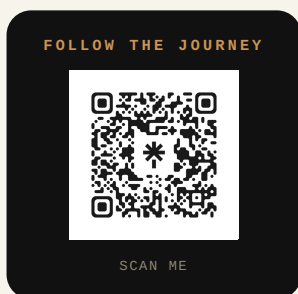


ABOUT SHANNON

G'day — I'm Shannon. I'm not a coach or a trainer; I'm just someone who fell in love with training and decided to document the whole journey.

The JWS Performance System is the exact program I follow week to week. Sharing it is my way of giving something back to the community that follows along — and hopefully making it easier for you to stay consistent too.

If you train with one of these guides, I'd genuinely love to hear how it goes.



GREAT WORK

You completed another workout.

Progress isn't built in one session — it's built by
showing up consistently.

Keep improving. Keep learning. Keep moving forward.

See you in the next workout.

TRAIN • FUEL • PERFORM



SCAN TO FOLLOW THE JOURNEY

JWS FITNESS

BEFORE YOU TRAIN

PLEASE READ — THE IMPORTANT STUFF

This guide is for educational purposes only. It documents my personal training program and experience. It is not medical advice, and I'm not a certified trainer, dietitian, physiotherapist or medical professional.

Check with your doctor first. Before beginning this or any exercise program, consult a qualified medical professional — especially if you have any existing injuries or health conditions.

Listen to your body. Exercise carries inherent risk. If you feel pain (not to be confused with normal training effort), stop the movement and seek appropriate advice before continuing.

Your training is your responsibility. By following this guide you participate voluntarily and accept responsibility for your own training decisions. Results vary from person to person, and no specific outcome is guaranteed.

Train smart, progress at your own pace, and enjoy the process.