

Welcome, BillyBob
Account Type: Premium

[My](#)[Log Me](#)

Artificial Intelligence Fitness App

"Your very own personal trainer"

Menu list

[Food & Receipts](#)

[Low carb tips](#)

[Essential Nutrients](#)

[Health Conditions
and diseases](#)

[See receipt](#)[See receipt](#)[previous](#)[1](#)[2](#)[3](#)[4](#)[5](#)[10](#)[next](#)



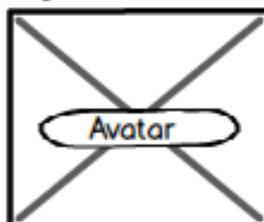
Welcome, BillyBob
Account Type: Premium

[My](#)[Log Me](#)

Artificial Intelligence Fitness App

"Your very own personal trainer"

My Account



Avatar

Blog

I finished my FAI exercise

Blog post

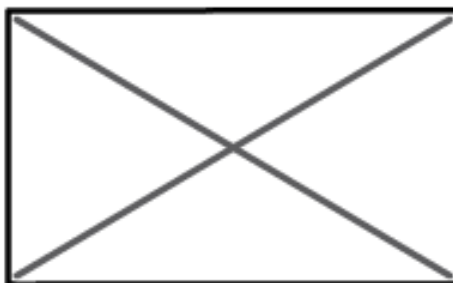
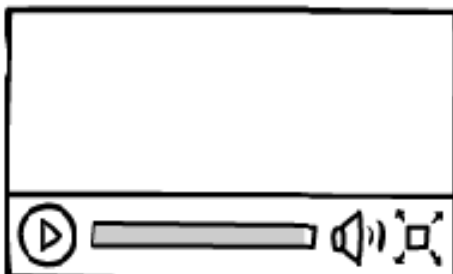
My Workout Routine Program

WEEK 1 / Monday

[Download you full program in Excel](#)

Twitter

Facebook



Dumbbell Lateral Raise - *Front hips with grip in internal ration.
Reps: 3 series of 8 reps

Primary Muscle: Lateral deltoid.

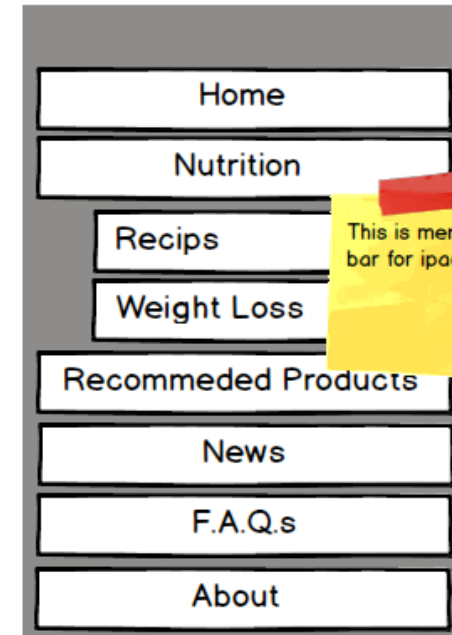
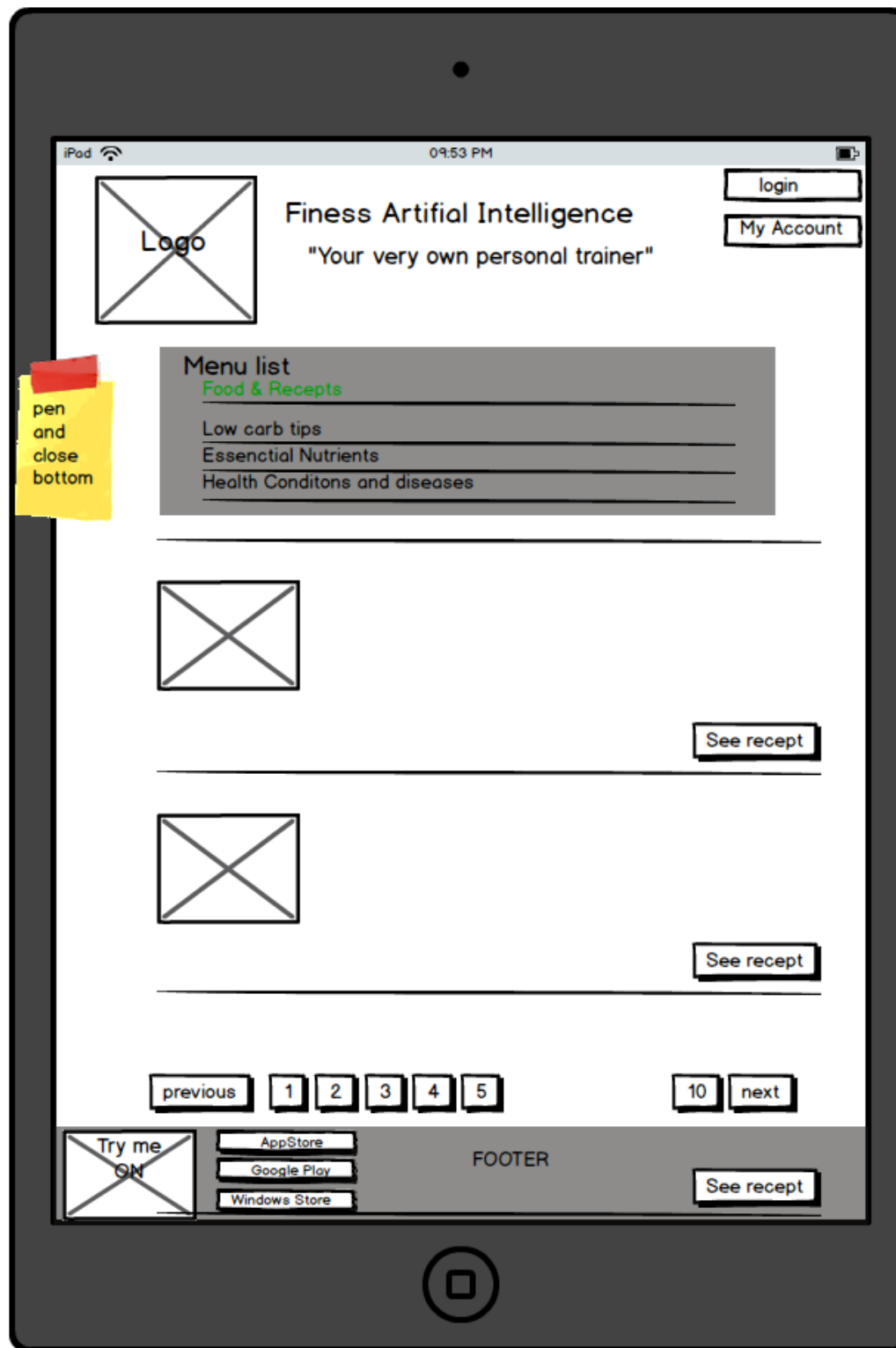
Secondary Muscle: Anterior deltoid, posterior deltoid, trapezius, supraspinatus.

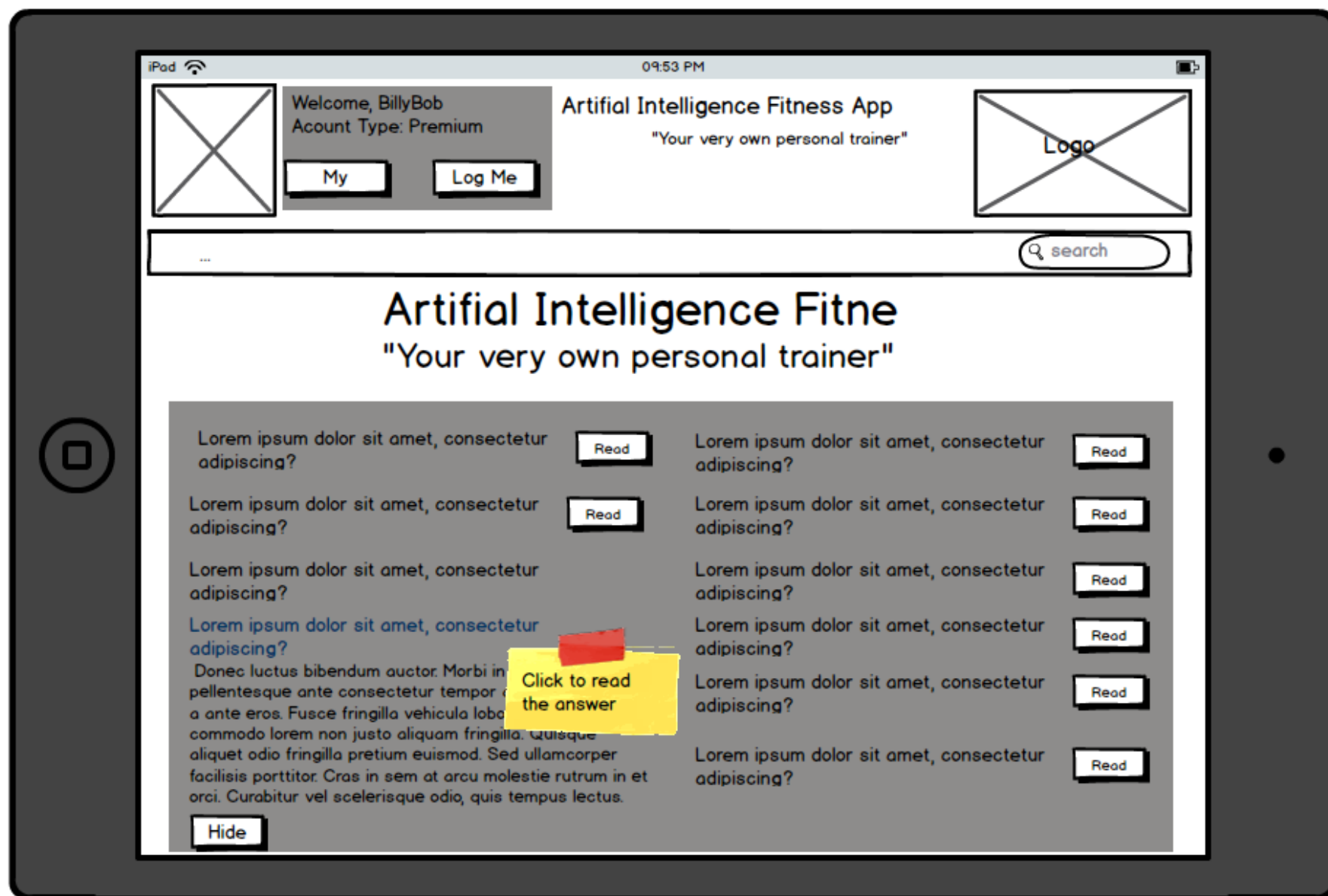
Excution:

- 1- Standing upright, hold dumbbells at arms's length.
- 2-Raise arms out to the side in an arc until dumbbells reach shoulder level
- 3-lower dumbbells back down to hips.

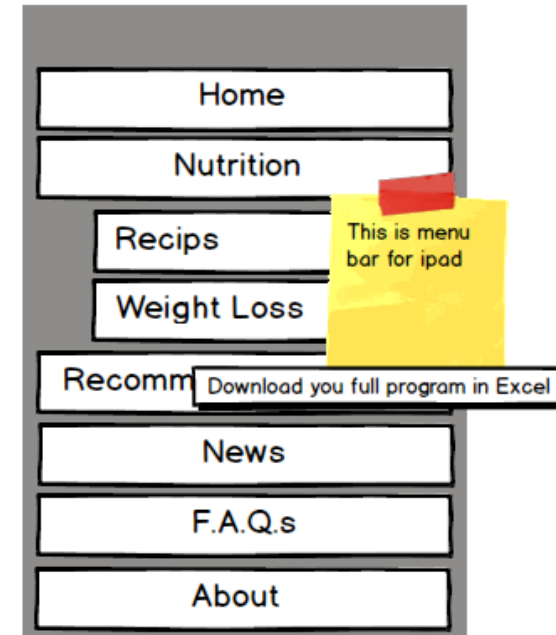
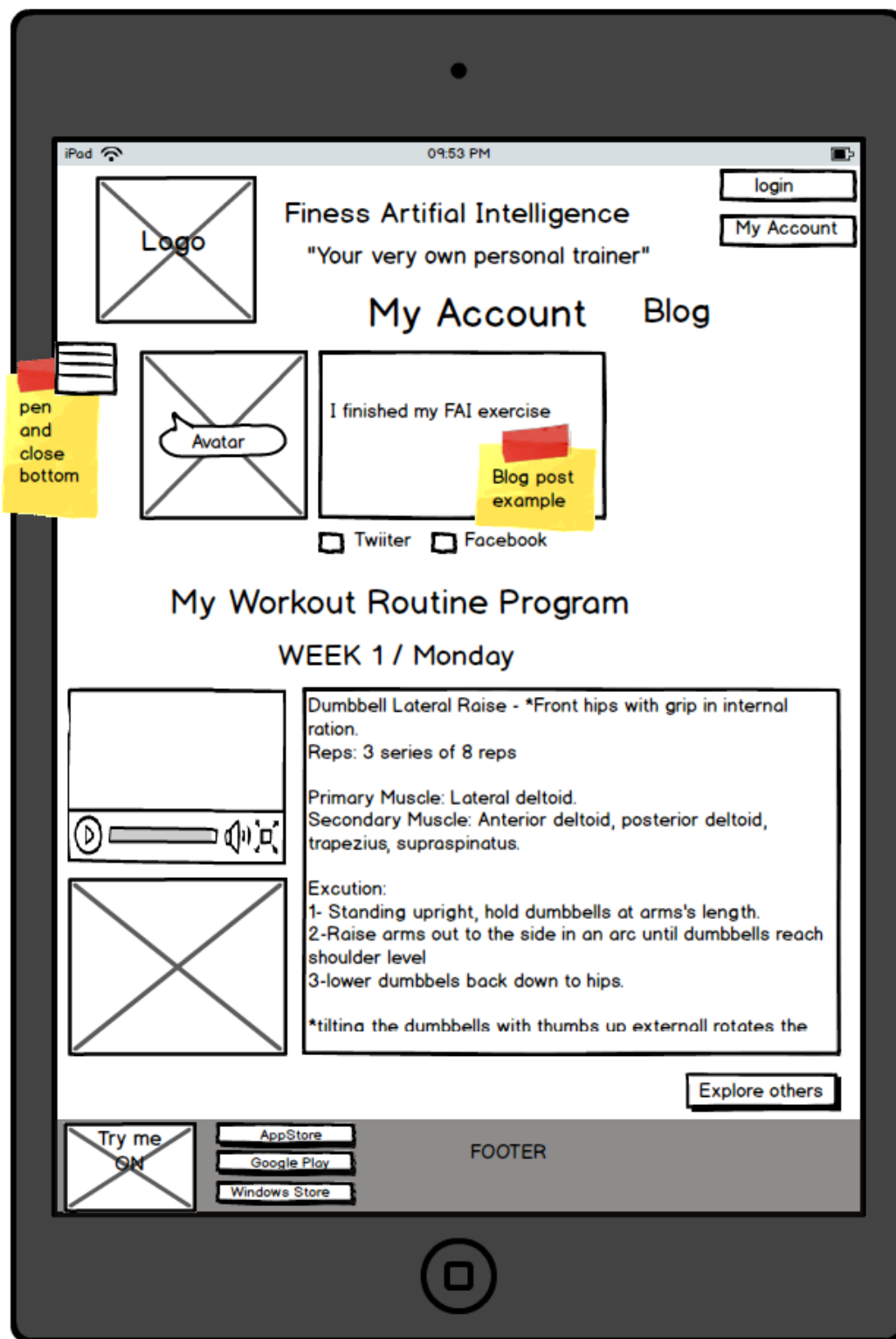
*tilting the dumbbells with thumbs up externall rotates the shoulder.

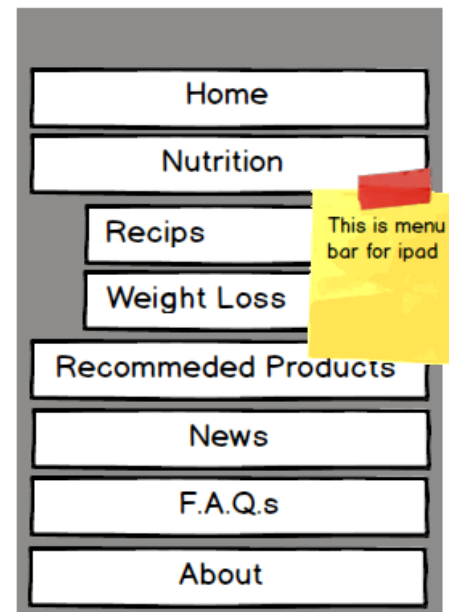
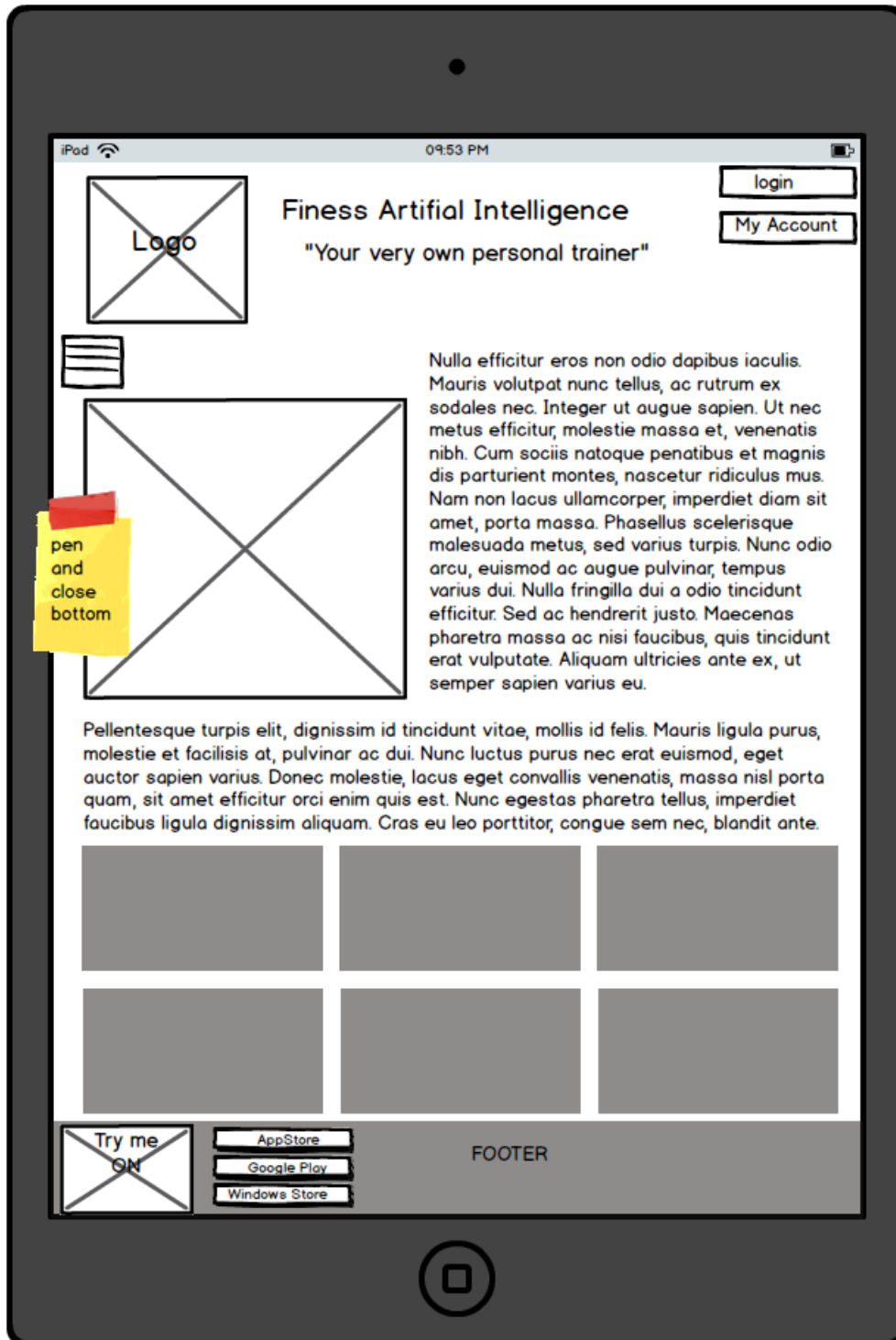
[Explore others](#)

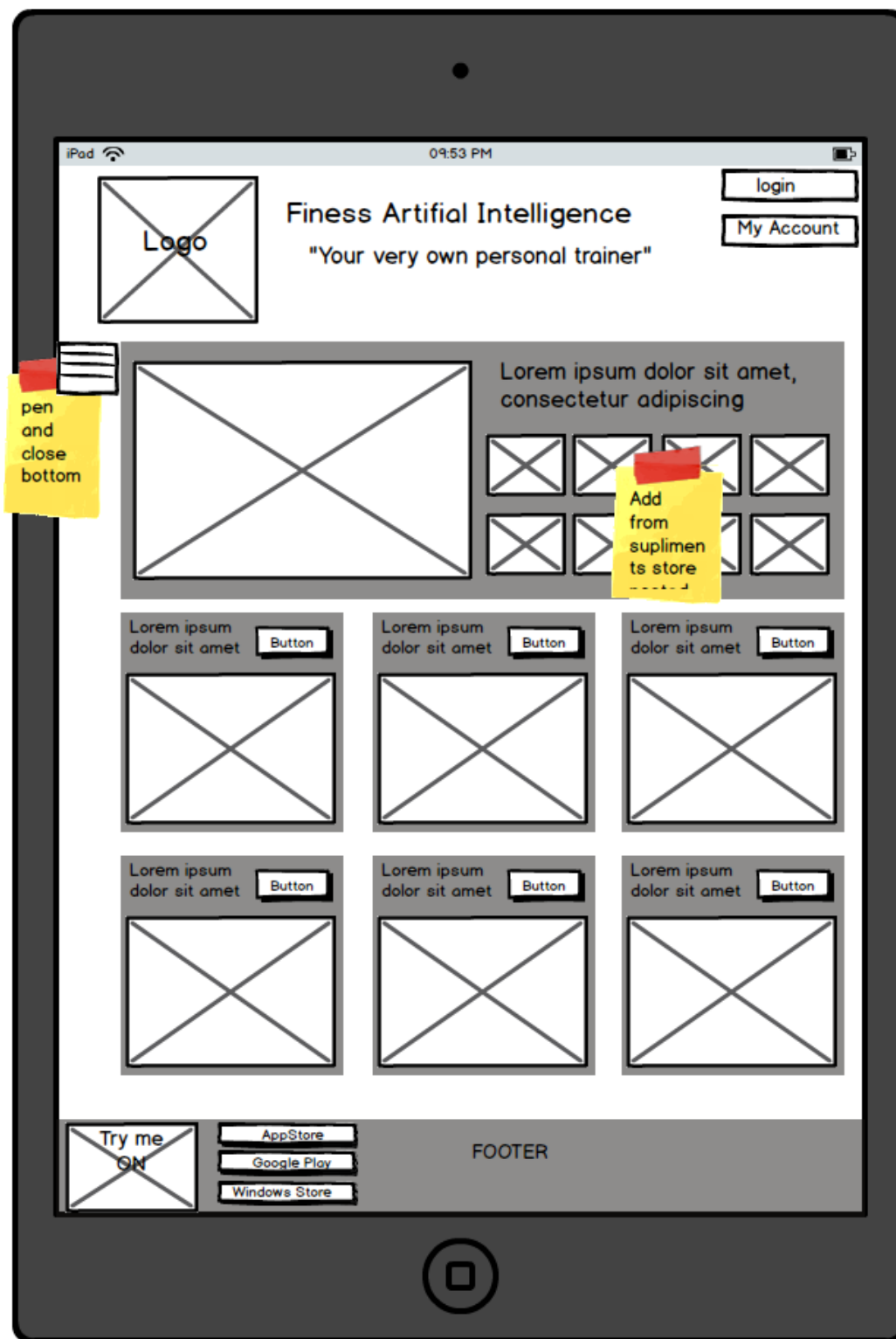


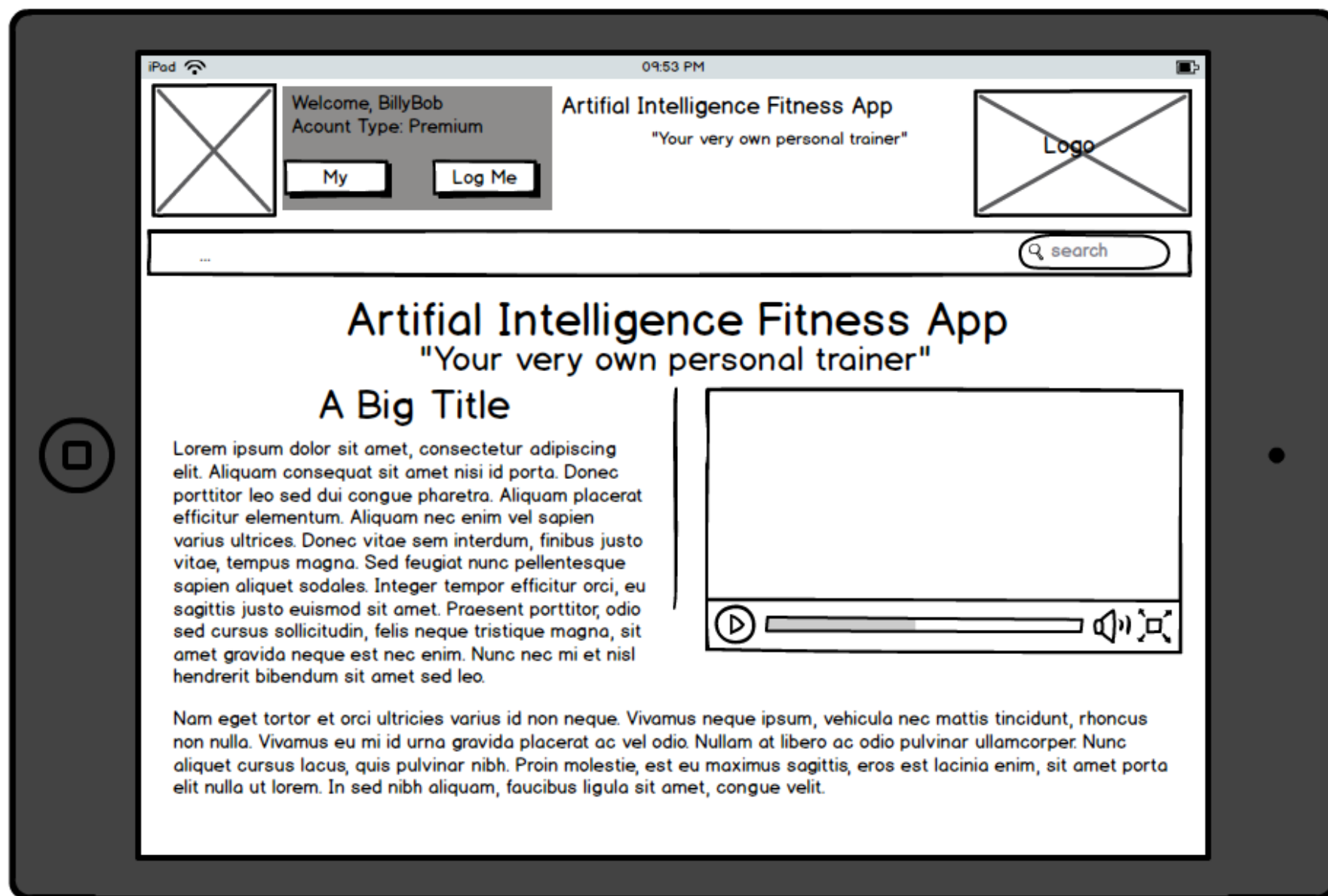


Bottom PADDING 70px

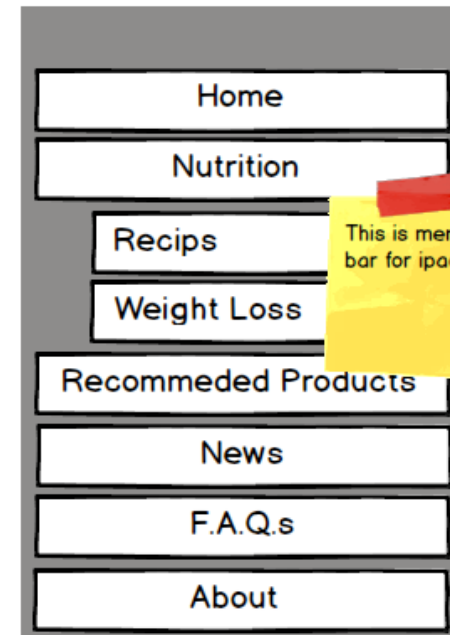
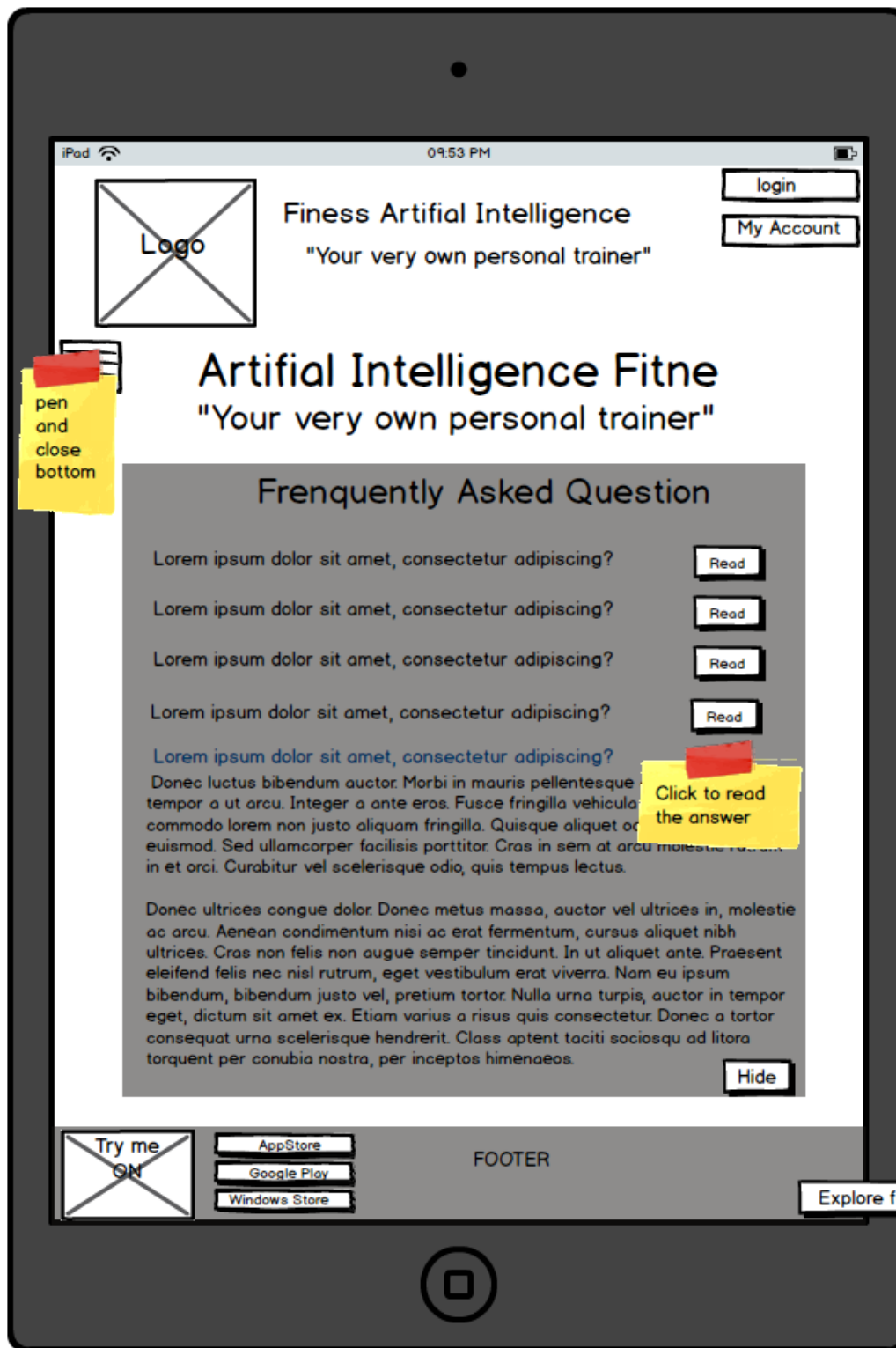


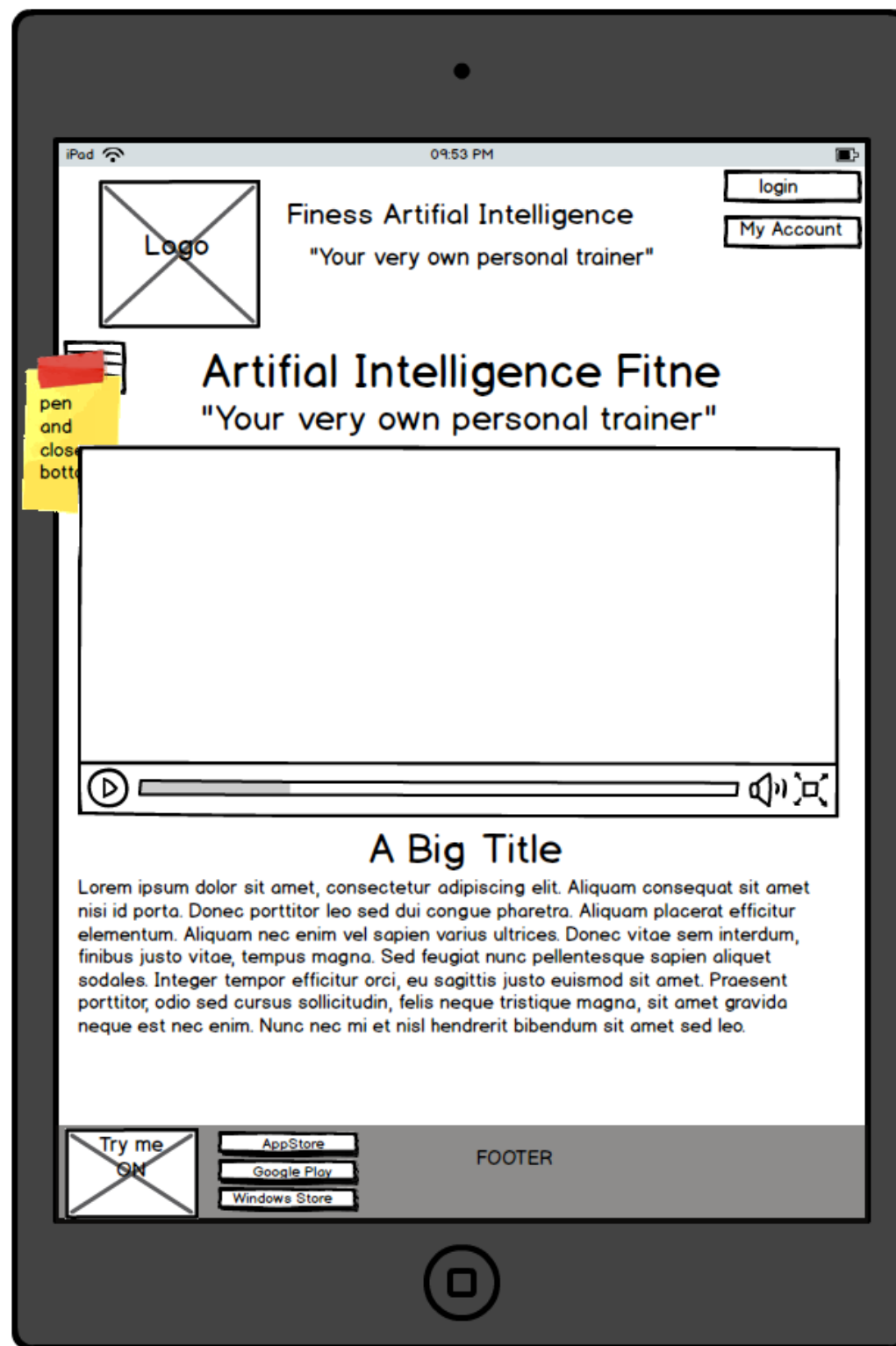


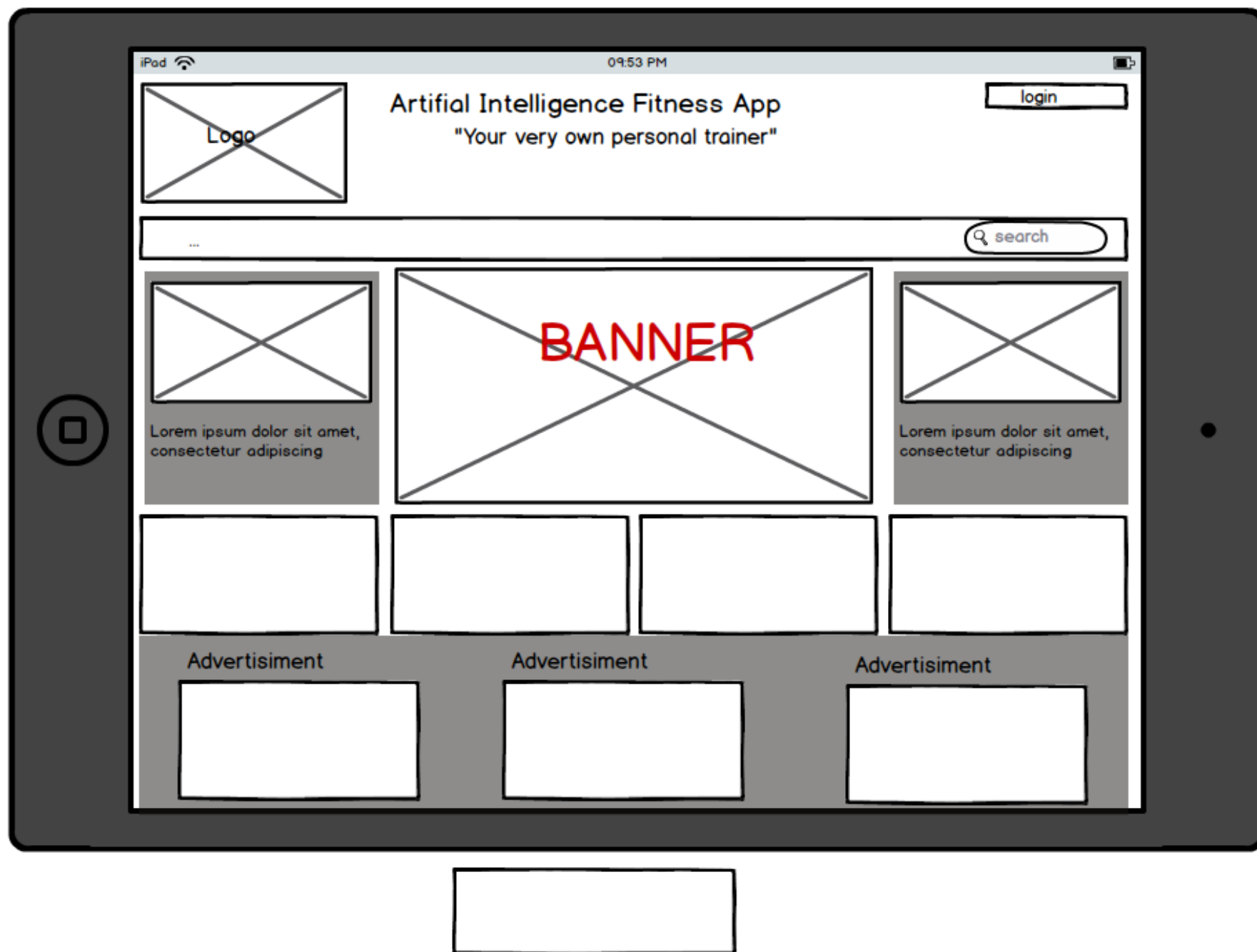




Bottom PADDING 70px







Bottom PADDING 70px