

SHOULDER WORKOUT



Exercise 1. Seated Dumbbell Press

Start: After selecting your weight, begin in a seated position on a flat bench, feet flat on the floor, sit up tall, back straight.

Finish: Holding the dumbbells lengthwise, at ear level, palms forward; Press the weight up until the arms are nearly straight, be careful not to fully lock the elbow joint. Slowly return the dumbbells to ear level and repeat.



Exercise 2. Front Dumbbell Raise

Start: Standing, knees soft (not locked out), holding Dumbbells in the frontal plane of the body, knuckles forward.

Finish: Raise the Dumbbells to shoulder height only, keeping arms straight, lower back to front of thighs, and repeat. *Do NOT swing or use momentum to get the Dumbbells up

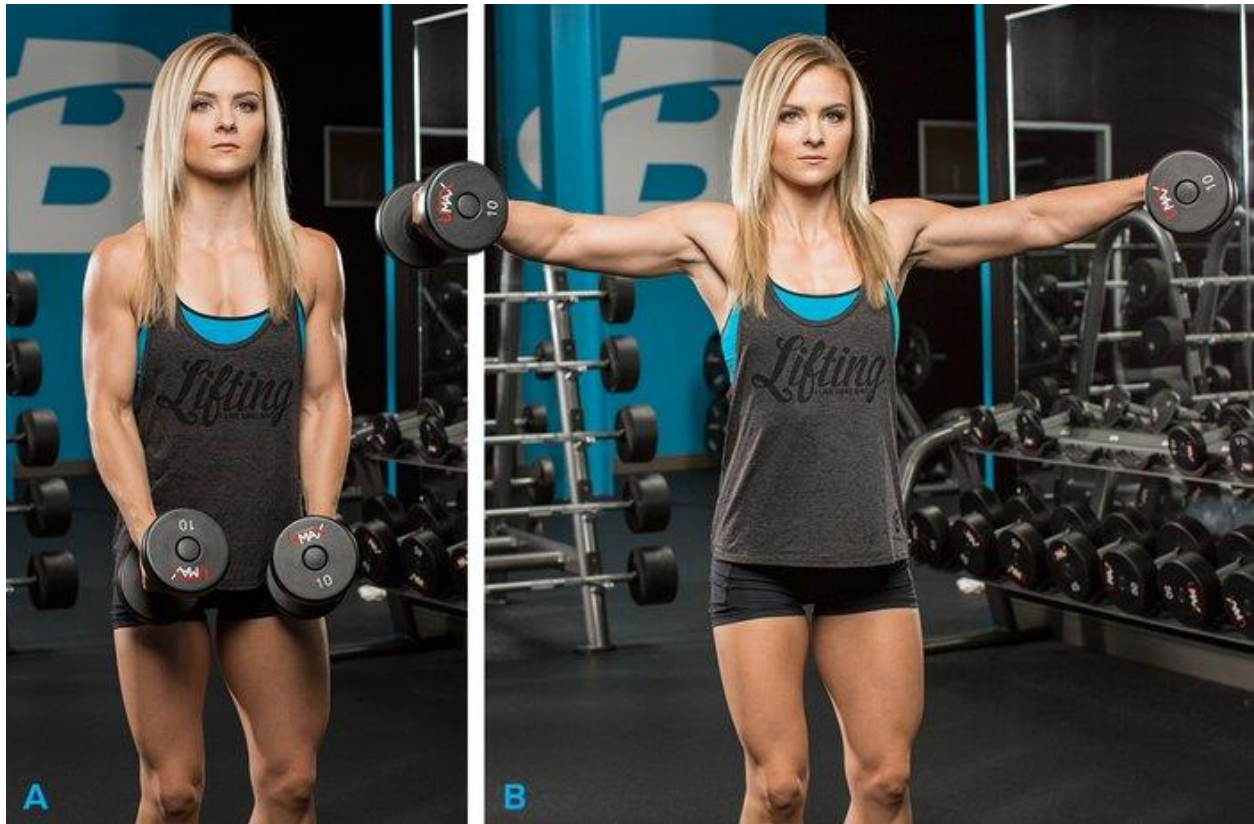


Exercise 3. Front Plate Raise

*As a variation to the front Dumbbell raise, this is often easier for those just starting out.

Start: Holding a weight plate flat in front of the body.

Finish: Raise the plate up to shoulder height, slowly lower and repeat.



Exercise 4. Side Lateral Raise

Start: Standing with the Dumbbells in the lateral plane (sides) of the body, or held slightly in front.

Finish: Raise the arms laterally (out to the side), maintaining a slight bend at the elbow, raise to shoulder height only. *It is important with this exercise to go slowly, and raise the weight carefully; select a lighter weight than you can lift until your form is perfected.



Exercise 5. Seated Bent-Over Rear Deltoid Raise

Start: Sit on the edge of a flat bench, feet flat on the floor; bend over so your chest is nearly resting on your knees. Hold the Dumbbells just in front of the shins, palms facing one another. You should be looking at the floor, keeping the spine neutral.

Finish: Raise the weight out to the sides, opening the arms in a reverse motion to activate the posterior deltoid, slowly lower and repeat.



Exercise 6. Bent over Low-Pulley Side Raise

Start: Standing laterally to the machine, bend at the waist until your torso is nearly parallel to the floor; Grasp the handle of the cable in the hand that is farthest from the machine. Activate the core muscles by pulling the navel to the spine and contracting the abdominal wall before you begin the motion.

Finish: Raise the arm laterally, out to the side, all the way to shoulder height, pause for a one second count and then slowly lower the weight, repeat. *Do NOT yank or jerk the cable! This can result in injury! Use light weight when starting with cables.