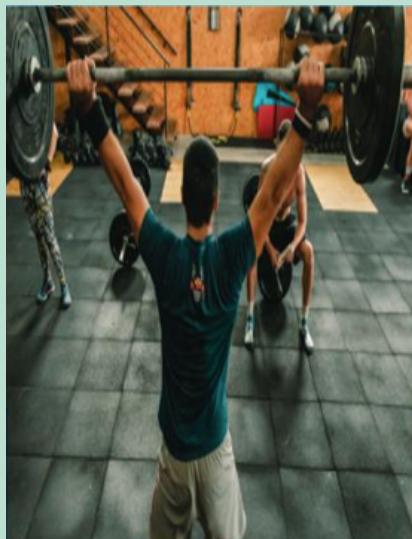


Shoulder Exercise Examples And Demonstration Explanation

Barbell Push Press

This exercise is an overhead pressing exercise which means the user can push himself/herself to its limit by putting as much weights he/she wants. This exercise is not restricted to shoulder this is an explosive exercise which includes all the essential body parts. In this you hold the barbell in your hand and initially you are in a sitting position then you pull and then push the barbell in air over your head which helps to you to force your major body parts to experience the stress. This exercise consists of 3 sets with 10 reps each and weights differ from beginner to expert.



Seated Overhead Barbell Press

This is one of the challenging exercises for shoulder because this exercise restricts your momentum which creates the perfect criteria to push weights over your head. This exercise can be done with barbell or dumbbells but the best way to do it with barbell. This exercise is similar to the above one, the only difference is you are sitting and will not have any help from any other body part to push the weight. This exercise includes 3 sets with 12 reps each.



Pull ups

Pull ups are the oldest shoulder exercise which is easy to master and is very efficient. This exercise can be done on a rod or on a machine which helps you to pull yourself up the machine is used by the beginners. In this you hold the rod and pull your whole body up in the air so all the pressure comes on your shoulder which eventually increase the strength and shape of your shoulder. This exercise include 5 sets with 25 reps each which is a lot for the beginners and can be done only on the pull up machine

