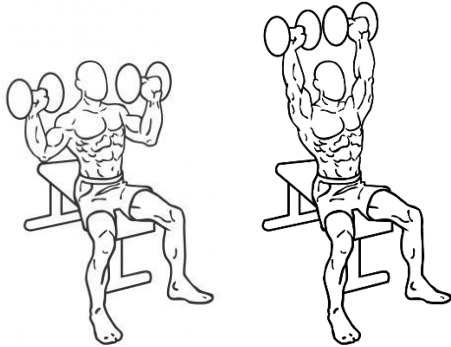


YOUR WORKOUT SPLIT

Shoulders

Exercise 1:



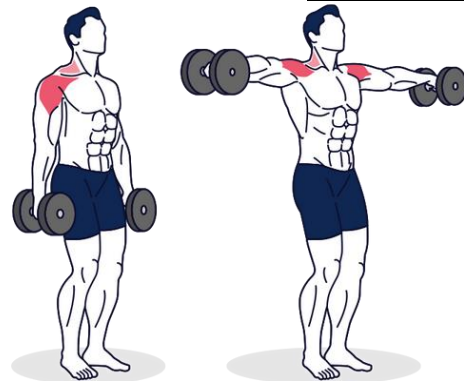
Shoulder Press:

- 1) Start with weight(s) above shoulder
- 2) Raise the weight directly upwards and pause at the top of the motion
- 3) Lower the weights back down to the starting position.

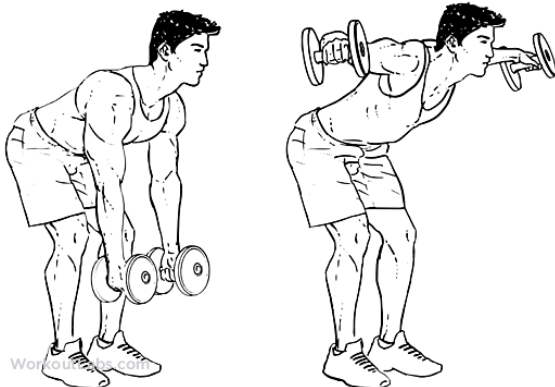
Exercise 2:

Lateral Raises:

- 1) Stand up straight with dumbbells at either side.
- 2) Raise arms on either side until they are parallel with the floor.
- 3) Slowly return to starting position



Exercise 3:



Rear Delt Fly (Dumbbells):

- 4) With dumbbells in both hands, sit on a bench and lean forward into your knees
- 5) With slightly bent elbows, raise your arms up to shoulder level, pausing at the top.
- 6) Slowly return to starting position.