



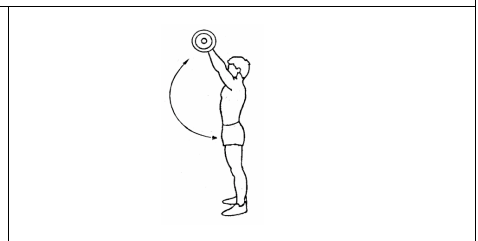
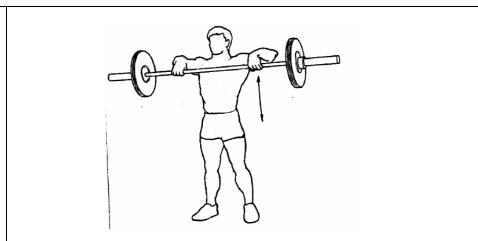
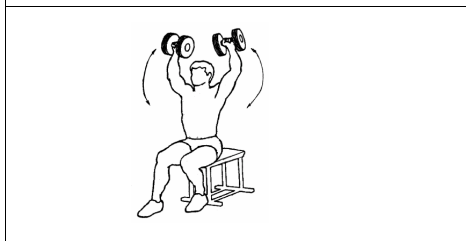
Online Xercise Training Programs

SHOULDER WORKOUT

Description		Set 1	Set2	Set 3	
<p>The shoulder consists of the deltoid muscles. Shoulder exercises are very important as the sophisticated construction of the ball-and-socket joints and the muscles associated with shoulders make it prone to injuries, so a proper training technique is very important.</p> <p>Training the shoulder muscles requires a variety of exercises so make sure you work on the 3 different muscle groups, the front deltoids, side deltoids and rear deltoids.</p>	beginner	sets	12 - 15		
		rest	30 secs		
	Intermediate	sets	12 - 15	10 - 15	
		rest	30 secs	30 secs	
	Advanced	sets	15 - 20	15 - 20	12 - 15
		rest	20 secs	20 secs	20 secs

Note - Insert Date of workout along the top row and weight and/or reps completed against each exercise

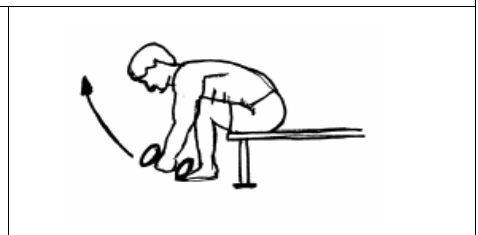
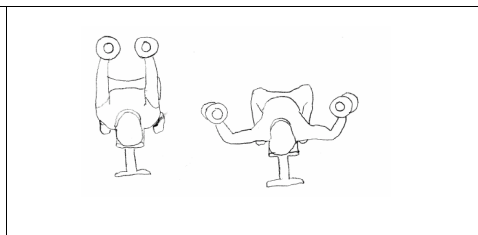
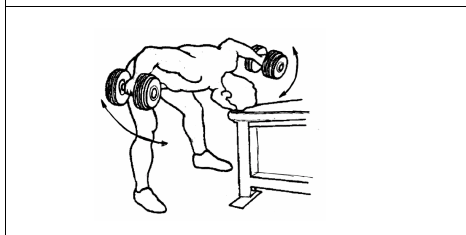
Date						
	Seated dumbbell press					
	Upright row					
	Front raise					
	Bent over lateral Raise					
	Flys with dumbbells					
	Bent over raises					



Seated Dumbbell Press
Dumbbell presses are for your middle deltoid. While seated, press dumbbells upward either alternatively or together. It's not necessary to press them to a locked position overhead

Upright Row
This is another exercise for the middle deltoids. Holding the weighted bar in front of you, with an overhand grip, pull it up to your chin while keeping your elbows above the bar. Keep the bar close to your body.

Front Raise
Similar to lateral raises, front raises train the anterior deltoid. Instead of raising the dumbbells sideward as in lateral, raise them up to the front to above head level.



Bent Over Lateral Raise
This is a great exercise for the upper back as well, typically targeting both the lats and the rhomboid. Resting head comfortably on a bench, grasping the dumbbells, and raising them outwards from the body in a "flying" movement to shoulder height.

Flys with dumbbells
With a dumbbell in both hands lie back on a bench. Starting position – arms straight towards the ceiling, weights above chest, slowly lower arms out sideways, keeping elbows slightly bent. Contract your chest muscles to raise the weights back towards each other.

Bent Over Raises
Sit on flat bench with dumbbell in each hand. Bend forward from hips until your chest is above your knees. Keeping your head aligned to your torso let your arms hang down with slightly bent elbows and palms facing inward. Raise dumbbells up and out to the sides until parallel with the floor. Hold in this position before lowering.

Before and after stretches

Recommended stretches			