

SHOULDER EXERCISES



SHOULDER PRESS- Sit on the end of a bench or chair, with your back supported if possible, holding dumbbells at ear level with your palms facing forward. Push the weights overhead by straightening your arms, but keep your elbows soft - do not lock them in the finish position. Return to the start position slowly and repeat.

Tip: You should not bang the weights together at the top of the movement; you should just touch them lightly. This will ensure that you always have maximum control over the dumbbells and maximum tension on your muscles.

REAR DELT FLIES- Sit and bend forward at your hips so your chest is as close to your thighs as is comfortable. Hold dumbbells under your legs with your palms facing each other and your elbows slightly bent. Keep your head in a neutral position by looking at a spot on the floor that's about 6 inches in front of you. Lift the weights out to your sides to shoulder level while keeping that slight bend in your elbows. Lower slowly and repeat.



LATERAL RAISES- Stand with your feet shoulder-width apart, knees slightly bent. Hold dumbbells in front of your thighs with your palms facing each other and your elbows slightly bent. Lift the weights up and out to your sides to shoulder level while keeping that slight bend in your elbows. Lower slowly and repeat.

Tip: For maximum contraction, your wrists, elbows and shoulders should be level at the top of the movement.