

Ball Workout Routine for Shoulders Printed on Apr 27 2010

Workout Routine Snapshot

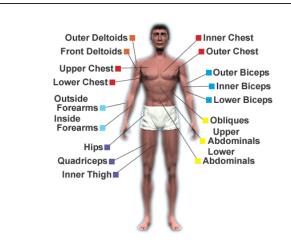
1 Workout Days

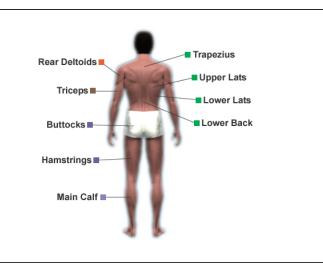
0 Cardio Exercises

4 Strength Training

0 Stretching Exercises

4 ■ Shoulders





Ball Workout Routine for Shoulders - Day 1											ss.com
Cardio / Strength Training		# of Sets	# of Reps Progress Log								
Shoulders Rear Deltoid Raise (Ball) - Elbows Bent											
		3	6								
Shoulders Rear Deltoid Raise (Ball) - Lying Sideways											
		3	6								
Shoulders Scapular Protraction (Ball)											
		3	6								
Shoulders Shoulder Rotation (Ball)											
		3	6								

Detailed Strength	Training Exercise I	nformation	FitnessBliss.com Copyright, Blisslogik Inc.				
		■ Shoulders Rear De	ltoid Raise (Ball) - Elbows Bent				
		Secondary Muscles	Rear Deltoids, Trapezius				
		Starting Position	Lie prone with your belly against the ball, back and legs extended and hold dumbbells down to your sides, elbows at 90 degree angles.				
		Motion	Keeping the angles in your elbows still raise your ebows up until your upper arms are parallel to the floor and slowly lower them back down after a short pause.				
		Tips/Caution	Breathe out while rolling up and breathe in while returning to starting position.				
		■ Shoulders Rear Deltoid Raise (Ball) - Lying Sideways					
		Secondary Muscles	Rear Deltoids, Trapezius				
		Starting Position	Lean on your left side pressed against the ball, back and legs extended and hold a dumbbell with your right hand, arms extended.				
		Motion	Keeping the angle in your elbow still raise the dumbbell out and up and slowly lower it back after a short pause.				
		Tips/Caution	Breathe out while raising and breathe in while returing to starting position.				
		Shoulders Scapula	r Protraction (Ball)				
		Secondary Muscles	Front Deltoids, Chest				
		Starting Position	Lie prone with your hands on top of the ball, back and legs extended.				
		Motion	Push yourself up by only moving your shoulder blades away from each other and allow them to slowly return after a short pause.				
		Tips/Caution	Breathe out while raising and breathe in while returing to starting position.				
		Shoulders Shoulde	er Rotation (Ball)				
	_	Secondary Muscles	Rear Deltoids				
		Starting Position	Lie prone with your belly against the ball, back and legs extended and hold dumbbells out to your sides, elbows at 90 degree angles.				
		Motion	Keeping the angles in your elbows still throughout roll the dumbbells up until your forearms are parallel to the floor.				

Tips/Caution Breathe out while rolling up and breathe in while returning to starting position.