



# Workout Routine Sample

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## Band Workout Routine for Shoulders

Printed on Sep 21 2010

### Workout Routine Snapshot

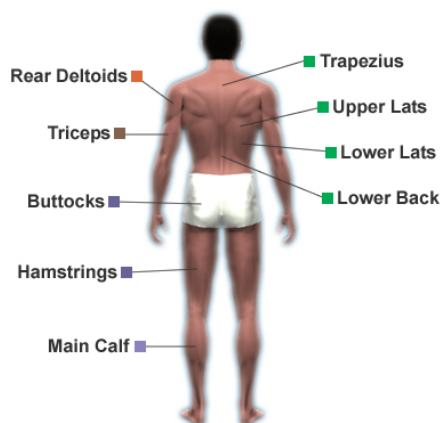
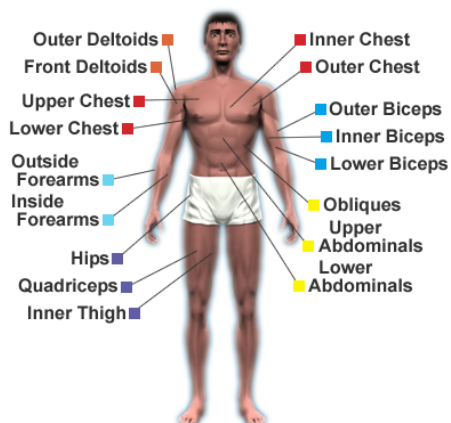
1 Workout Days

0 Cardio Exercises

4 Strength Training →









0 Stretching Exercises

4 ■ Shoulders



# Band Workout Routine for Shoulders - Day 1



Cardio / Strength Training		# of Sets	# of Reps	Progress Log							
Shoulders   Front Deltoid Raise (Band)											
		3	6								
Shoulders   Lateral Deltoid Raise (Band)											
		3	6								
Shoulders   Shoulder Press (Band)											
		3	6								
Shoulders   Rear Deltoid Raise (Band)											
		3	6								



### ■ Shoulders | Front Deltoid Raise (Band)

**Secondary Muscles** Front Deltoids, Trapezius

**Starting Position** Secure the tubing low behind you and grab the handles with your hands on each sides of your thighs, palms facing each other.

**Motion** Pull the handles up until your arms are parallel to the floor and allow them to slowly return after a short pause.

**Tips/Caution** Keep your arms extended (or close to it) throughout.



### ■ Shoulders | Lateral Deltoid Raise (Band)

**Secondary Muscles** Outer Deltoids, Trapezius

**Starting Position** Secure the tubing underneath your feet and grab the handles with your hands on each sides of your thighs, palms facing each other.

**Motion** Pull the handles out and up until your arms are parallel to the floor and allow them to slowly return after a short pause.

**Tips/Caution** Keep your arms extended (or close to it) throughout.



### ■ Shoulders | Shoulder Press (Band)

**Secondary Muscles** Triceps, Front Deltoids, Outer Deltoids

**Starting Position** Secure the tubing underneath your feet and grab the handles with your hands over your shoulders, elbows bent and palms facing forward.

**Motion** Push the handles straight up until your arms are close to being fully extended and allow them to slowly return after a short pause.

**Tips/Caution** Keep your feet solidly in place throughout.



### ■ Shoulders | Rear Deltoid Raise (Band)

**Secondary Muscles** Rear Deltoids, Trapezius

**Starting Position** Secure the tubing low on your side and grab one handle with the hand furthest from it in front of your thighs, palm facing you.

**Motion** Pull the handle out and up until your hand reaches your head level and allow it to slowly return after a short pause.

**Tips/Caution** Keep your arm extended (or close to it) throughout.