



Workout Routine Sample

Create, Print, Track and Chart

your own at:

FitnessBliss.com

Barbell Workout Routine for Shoulders

Printed on Apr 27 2010

Workout Routine Snapshot

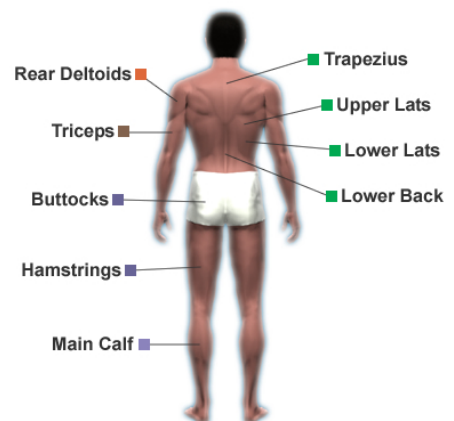
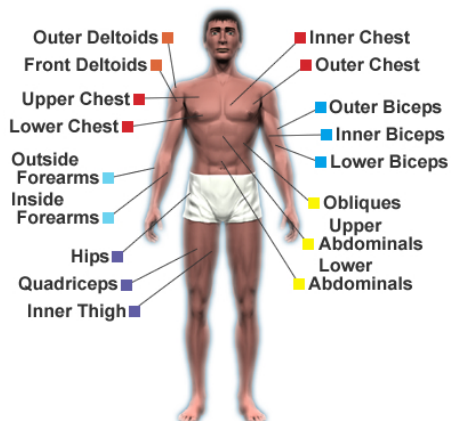
1 Workout Days

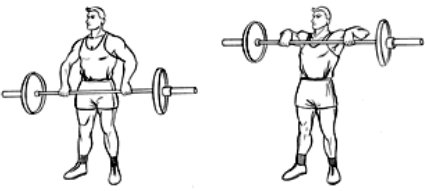
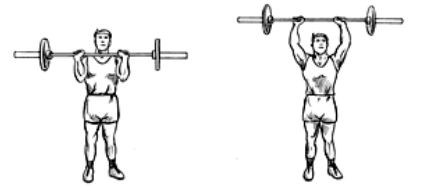
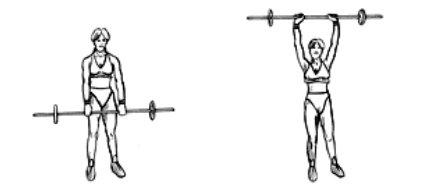
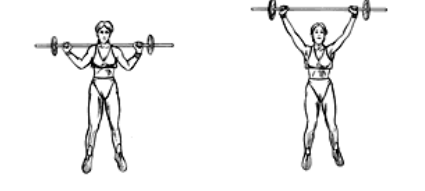
0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises

4 ■ Shoulders



	<p>■ Shoulders Upright Row (Barbell)</p> <p>Secondary Muscles Front Deltoids, Outer Deltoids, Trapezius</p> <p>Starting Position Stand up and hold the barbell with your hands in front of your thighs, hands at a medium-grip position, palms facing backwards.</p> <p>Motion Raise the barbell until it reaches the top of your chest and lower it back down slowly after a short pause.</p> <p>Tips/Caution Be careful not to jerk your back in an effort to help you raise the barbell.</p>
	<p>■ Shoulders Military Press - Standing</p> <p>Secondary Muscles Triceps, Front Deltoids, Outer Deltoids, Trapezius</p> <p>Starting Position Stand up and hold the barbell in front of your neck, just above your shoulders.</p> <p>Motion Push the barbell straight up until your elbows come close to locking and lower it back down slowly after a short pause.</p> <p>Tips/Caution Be careful not to jerk your back in an effort to help you raise the barbell.</p>
	<p>■ Shoulders Front Deltoid Raise (Barbell) - to Vertical</p> <p>Secondary Muscles Front Deltoids, Trapezius</p> <p>Starting Position Stand up and hold the barbell down in front of your thighs.</p> <p>Motion Raise the barbell to your shoulder level and continue on to raising it up at arms' length and lower it back down slowly after a short pause.</p> <p>Tips/Caution Keep your arms extended throughout.</p>
	<p>■ Shoulders Military Press - Standing; Behind Neck</p> <p>Secondary Muscles Triceps, Front Deltoids, Outer Deltoids, Trapezius</p> <p>Starting Position Stand up and hold the barbell behind your neck, just above your shoulders.</p> <p>Motion Push the barbell straight up until your elbows come close to locking and lower it back down slowly after a short pause.</p> <p>Tips/Caution Be careful not to jerk your back in an effort to help you raise the barbell.</p>