



# Workout Routine Sample

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## Dumbbell Workout Routine for Shoulders

Printed on Apr 27 2010

### Workout Routine Snapshot

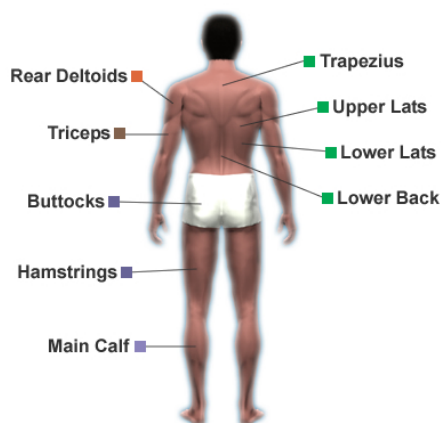
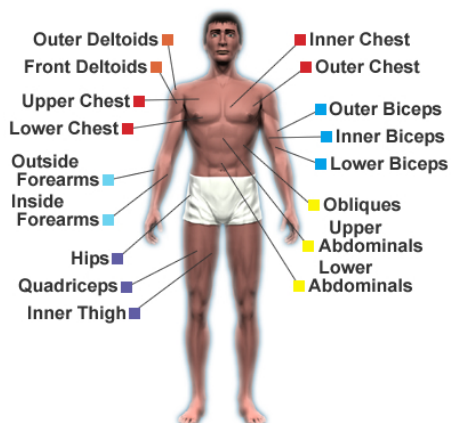
1 Workout Days

0 Cardio Exercises









4 Strength Training →

0 Stretching Exercises

4 ■ Shoulders



# Dumbbell Workout Routine for Shoulders - Day 1

Cardio / Strength Training		# of Sets	# of Reps	Progress Log							
Shoulders   Shoulder Press - Seated; Pronation Grip											
		3	6								
Shoulders   Upright Row (Dumbbells)											
		3	6								
Shoulders   Lateral Deltoid Raise - Standing											
		3	6								
Shoulders   Front Deltoid Raise (Dumbbells) - to Horizontal											
		3	6								



### ■ Shoulders | Shoulder Press - Seated; Pronation Grip

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

**Starting Position** Sit on a bench and hold two dumbbells at shoulder level, palms facing forward.

**Motion** Push the dumbbells straight up until your elbows come close to locking and lower them back down after a short pause.

**Tips/Caution** Be careful not to jerk your back in an effort to help you raise the dumbbells.



### ■ Shoulders | Upright Row (Dumbbells)

**Secondary Muscles** Front Deltoids, Outer Deltoids, Trapezius

**Starting Position** Stand up and hold one dumbbell in each hand in front of your thighs, palms facing backwards.

**Motion** Raise both dumbbells until they reach the top of your chest and lower them back down slowly after a short pause.

**Tips/Caution** Be careful not to jerk your back in an effort to help you raise the dumbbells.



### ■ Shoulders | Lateral Deltoid Raise - Standing

**Secondary Muscles** Outer Deltoids, Trapezius

**Starting Position** Stand up and hold one dumbbell with each hand in front of your hips, palms facing each other.

**Motion** Raise the dumbbells to your sides until your arms are close to being parallel to the ground and lower them back down after a short pause.

**Tips/Caution** Try to maintain the angles in your elbows still throughout.



### ■ Shoulders | Front Deltoid Raise (Dumbbells) - to Horizontal

**Secondary Muscles** Front Deltoids, Trapezius

**Starting Position** Stand up and hold one dumbbell with each hand in front of your thighs, palms facing back.

**Motion** Raise the dumbbells forward then up until your arms are parallel to the ground and lower them back down after a short pause.

**Tips/Caution** Keep your arms extended throughout.