



Workout Routine Sample

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Gym Workout Routine for Shoulders

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Workout Routine Snapshot

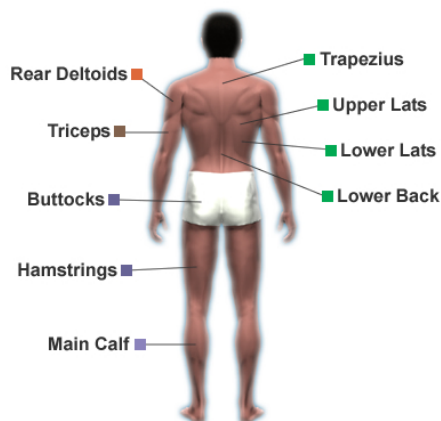
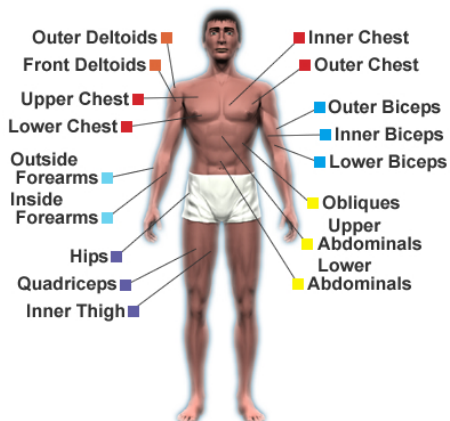
1 Workout Days

0 Cardio Exercises

4 Strength Training →









0 Stretching Exercises









4 ■ Shoulders



Gym Workout Routine for Shoulders - Day 1



Cardio / Strength Training	# of Sets	# of Reps	Progress Log								
Shoulders Upright Row (Low Pulley)											
		3	6								
Shoulders Military Press (Gym Equipment)											
		3	6								
Shoulders Lateral Deltoid Raise (Gym Equipment)											
		3	6								
Shoulders Rear Deltoid Row (Low Pulley) - Seated											
		3	6								

 	<p>■ Shoulders Upright Row (Low Pulley)</p> <p>Secondary Muscles Front Deltoids, Outer Deltoids, Trapezius</p> <p>Starting Position Stand up in front of the structure and grab the handlebar with both hands down in front of your thighs.</p> <p>Motion Raise the bar up until it reaches your chest level and let it slowly swing back after a short pause.</p> <p>Tips/Caution Be careful not to jerk your back in an effort to help you raise the bar.</p>
 	<p>■ Shoulders Military Press (Gym Equipment)</p> <p>Secondary Muscles Triceps, Front Deltoids, Outer Deltoids, Trapezius</p> <p>Starting Position Sit on the bench and hold both handles at shoulder height.</p> <p>Motion Push the handles up until your elbows come close to locking and slowly lower them back after a short pause.</p> <p>Tips/Caution Breathe out while pushing up and breathe in while letting the structure swing back.</p>
 	<p>■ Shoulders Lateral Deltoid Raise (Gym Equipment)</p> <p>Secondary Muscles Outer Deltoids, Trapezius</p> <p>Starting Position Sit down on the bench and position the outside of your upper arms against the rotating pads.</p> <p>Motion Raise both pads up by raising your upper arms straight up and let the structure slowly swing back after a short pause.</p> <p>Tips/Caution Keep the angle in your elbows still throughout.</p>
 	<p>■ Shoulders Rear Deltoid Row (Low Pulley) - Seated</p> <p>Secondary Muscles Rear Deltoids, Trapezius</p> <p>Starting Position Sit down on the bench and grab the handlebar with both hands, arms close to being fully extended.</p> <p>Motion Pull the handles towards your shoulders until the handles barely touch your chest and slowly let them swing back after a short pause.</p> <p>Tips/Caution Keep your back straight throughout.</p>