



Serious Shoulders



1. Arnold Press: Starting Position: Sit on a bench with flat feet. Grab dumbbells face them toward your body to start off with. Ending Position: As you raise your arms up twist your palms so they now face away from your body. Go as far up as you can without locking your elbows. Start off with 2-3 sets of 12-15 reps.



2. Cable One Arm Row: Starting Position: Place the cable handle to the bottom of the cable machine. Stand shoulder width apart and hold the grip with your fingers facing down. Ending Position: Drive your elbow up bringing the grip approximately up to your armpit. Your elbow will lead the movement. Start off with 2-3 sets of 12-15 reps.



3. Reverse Fly: Starting Position: Grab dumbbells and sit on a fitball so your knees are 90 degrees. Place your hands underneath your knees. Ending Position: Bring your arms up to shoulder height. Your head is in line with your neck throughout the movement.

For more information, ask one of your certified personal trainers