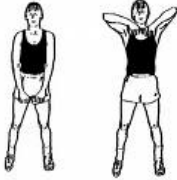




# Shoulders



1. Click Click: Starting Position: Grab dumbbells place them in front of your legs with bent knees. Ending Position: Raise dumbbells up to eye level “clicking” them together, then bring dumbbells behind your back “clicking” them together behind you. Try 2 sets of 20 reps.

2. Upright Row: Starting Position: Grab dumbbells placing weights in hands. Ending Position: Bring dumbbells all the way up to your chin with your elbows leading. Try 2 sets of 20 reps.



3. Rear Delt Pull on Cable Machine: Starting Position: Make sure the appropriate handle is attached to the cable machine and that the position is above your shoulder. Adjust the weight accordingly. Grab the handle with the hand that is furthest away from the cable machine. Ending Position: With a slightly bent elbow bring the cable to the outside. Try not to sway your hips, they should be squared throughout the movement. Try 2 sets of 20 reps.

**For more information, ask one of your certified personal trainers**