

Shoulders

Warm Up

Incline walk on the treadmill for 15 minutes to prevent injury and get blood flow going

Dumbbell Lateral Raise

5-7 sets 10-20 reps

Alternating Dumbbell Front Raise

4-5 sets 10-15 reps

Cable Behind-the-back Lateral Raise

3-4 sets 10-15 reps

Cable Front Raise With Rope

3-4 sets 10-15 reps

Face-pull

4 sets 10-15 reps

Barbell One-arm Lateral Raise

4 sets 10-15 reps

***This workout is intended for informational purposes only. Please consult a physician before beginning any exercise program.**