

## Shoulders (free weights)

### Dumbbell Shoulder Raise



#### **Exercise Description:**

Dumbbell Shoulder Raise

#### **Classification:**

Shoulders (free weights)

#### **Instructions:**

- 1) Lie back onto an incline bench (45° or less) with a DB in each hand. (You may rest each DB on the corresponding thigh.)
- 2) Start position: Bring the DB's to your shoulders. Press the DB's up directly above the head with palms facing forward.
- 3) Lower the DB's by retracting your shoulders. Then raise the shoulders toward the ceiling.
- 4) Return to starting position and repeat.

### Behind the Neck Barbell Press



#### **Exercise Description:**

Behind the Neck Barbell Press

#### **Classification:**

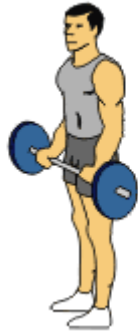
Shoulders (free weights)

#### **Instructions:**

- 1) Sit in upright position or stand with feet shoulder width apart and knees slightly bent.

- 2) Start position: Position barbell to ear level with an overhand grip (palms facing forward).
- 3) Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

### **Barbell Front Raise**



#### **Exercise Description:**

Barbell Front Raise

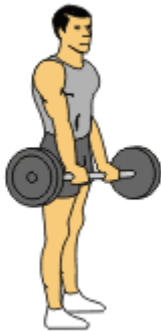
#### **Classification:**

Shoulders (free weights)

#### **Instructions:**

- 1) Stand with feet shoulder width apart or sit on bench in upright position.
- 2) Start position: Grasp barbell with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
- 3) Raise barbell to front of body at shoulder height keeping elbows only slightly bent.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

### **Barbell Upright Row**



**Exercise Description:**

Barbell Upright Row

**Classification:**

Shoulders (free weights)

**Instructions:**

- 1) Stand with feet shoulder width apart
- 2) Start position: Grasp barbell with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
- 3) Raise barbell by pulling elbows towards the ceiling and pull barbell to chest level.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

**Seated Dumbbell Arnold Press****Exercise Description:**

Seated Dumbbell Arnold Press

**Classification:**

Shoulders (free weights)

**Instructions:**

Sit upright holding two dumbbells.

Start position: Position DB's to ear level with an overhand grip (palms facing back).

Press hands up and out laterally above head keeping wrists over the elbows and arms moving parallel to body at all times. Rotate hand during movement so that your palms are back facing forward at the top of the movement.

Return to start position.

Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

Repeat with other arm.

**Dumbbell Front Lateral Raise**



**Exercise Description:**

Dumbbell Front Lateral Raise

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Stand with feet shoulder width apart or sit on bench in upright position.
2. Start position: Grasp DB with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
3. Raise DB to front of body at shoulder height keeping elbows only slightly bent.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement. Repeat with other arm.

**Alternating Dumbbell Front Raise**



**Exercise Description:**

Alternating Dumbbell Front Raise

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Stand with feet shoulder width apart or sit on bench in upright position.
  2. Start position: Grasp DB's with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
  3. Raise DB to front of body at shoulder height keeping elbows only slightly bent.
  4. Return to start position and repeat with other arm.
- Remember to keep back and head straight in a neutral position - hyperextension or

flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

### **Dumbbell Lateral Raise**



#### **Exercise Description:**

Dumbbell Lateral Raise

#### **Classification:**

Shoulders (free weights)

#### **Instructions:**

1. Stand with feet shoulder width apart or sit on bench in upright position.
2. Start position: Grasp DB's with an underhand grip (palms facing forward). Arms should hang down at sides with elbows slightly bent.
3. Raise DB's to side of body at shoulder height. Keep elbows only slightly bent with thumbs pointing up throughout movement.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

### **Lying Dumbbell Lateral Raise**



#### **Exercise Description:**

Lying Dumbbell Lateral Raise

#### **Classification:**

Shoulders (free weights)

#### **Instructions:**

1. Start position: Lie on your side and grasp DB with an underhand grip (palm facing down). Arm should hang down at sides with elbows slightly bent.
2. Raise DB to side of body and parallel to shoulder. Keep elbows only slightly bent
3. Return to start position.

#### Lying Dumbbell Rear Lateral Raise



#### **Exercise Description:**

Lying Dumbbell Rear Lateral Raise

#### **Classification:**

Shoulders (free weights)

#### **Instructions:**

1. Lie face down on flat or incline bench. Try to position body so that head is off end of bench (For incline bench, you may have to stand in order to clear face of seatback.)
2. Start position: Hold DB in each hand with neutral grip (palms facing each other) and let arms straight down (perpendicular to floor).
3. With elbows slightly bent and facing the ceiling, raise DB's to shoulder level in semi-circular motion and squeeze shoulder blades together at top of movement.
4. Return to start position.

Remember to keep head in a neutral position

#### **Standing Dumbbell Rear Lateral Raise**



#### **Exercise Description:**

Standing Dumbbell Rear Lateral Raise

#### **Classification:**

Shoulders (free weights)

#### **Instructions:**

1. Start position: Hold DB in each hand with neutral grip (palms facing each other) and let arms straight down (perpendicular to floor). Bend forward at about a 45 degree

angle.

2. With elbows slightly bent and facing the ceiling, raise DB's to shoulder level in semi-circular motion and squeeze shoulder blades together at top of movement.
3. Return to start position.
4. Remember to keep head in a neutral position.

### **Seated Dumbbell Shoulder Press**



#### **Exercise Description:**

Seated Dumbbell Shoulder Press

#### **Classification:**

Shoulders (free weights)

#### **Instructions:**

1. Sit in upright position or stand with feet shoulder width apart and knees slightly bent.
2. Start position: Position DB's to ear level with an overhand grip (palms facing forward).
3. Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

### **Standing Dumbbell Upright Row**



#### **Exercise Description:**

Standing Dumbbell Upright Row

#### **Classification:**

Shoulders (free weights)

#### **Instructions:**

1. Stand with feet shoulder width apart
2. Start position: Grasp DB's with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
3. Raise DB's by pulling elbows towards the ceiling and pull barbell to chest level.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

### **Dumbbell Rear Lying Lateral Raise**



#### **Exercise Description:**

Dumbbell Rear Lying Lateral Raise

#### **Classification:**

Shoulders (free weights)

#### **Instructions:**

1. Lie face down on flat or incline bench. Try to position body so that head is off end of bench (For incline bench, you may have to stand in order to clear face of seatback.)
  2. Start position: Hold DB in each hand with neutral grip (palms facing each other) and let arms straight down (perpendicular to floor).
  3. With elbows slightly bent and facing the ceiling, raise DB's to shoulder level in semi-circular motion and squeeze shoulder blades together at top of movement.
  4. Return to start position.
- Remember to keep head in a neutral position

### **Dumbbell Seated Rear Lateral Raise**



#### **Exercise Description:**

Dumbbell Seated Rear Lateral Raise



**Classification:**

Shoulders (free weights)

**Instructions:**

1. Lie face down on flat or incline bench. Try to position body so that head is off end of bench (For incline bench, you may have to stand in order to clear face of seatback.)
2. Start position: Hold DB in each hand with neutral grip (palms facing each other) and let arms straight down (perpendicular to floor).
3. With elbows slightly bent and facing the ceiling, raise DB's to shoulder level in semi-circular motion and squeeze shoulder blades together at top of movement.
4. Return to start position.

Remember to keep head in a neutral position

**Lying Dumbbell External Rotation****Exercise Description:**

Lying Dumbbell External Rotation

**Classification:**

Shoulders (free weights)

**Instructions:**

- 1) Lie on side opposite of working arm.
- 2) Start position: Grasp dumbbell and flex elbow at 90° keeping elbow in at side. Forearm should be slightly below parallel to floor.
- 3) Rotate arm outward keeping elbow at 90°.
- 4) Return to start position.
- 5) Remember to keep elbow firmly secured to side. You may put a rolled towel between the elbow and side to facilitate rotation and secure form.

**Decline DB External Rotation****Exercise Description:**

Decline DB External Rotation

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Lie on side opposite of working arm.
2. Start position: Grasp dumbbell and flex elbow at 90° keeping elbow in at side. Forearm should be slightly below parallel to floor.
3. Rotate arm outward keeping elbow at 90°.
4. Return to start position.
5. Remember to keep elbow firmly secured to side. You may put a rolled towel between the elbow and side to facilitate rotation and secure form.

**Lying DB Internal Rotation****Exercise Description:**

Lying DB Internal Rotation

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Lie on same side of working arm.
2. Start position: Grasp dumbbell and flex elbow at 90° keeping elbow in at side. Forearm should be slightly below parallel to floor.
3. Rotate arm upward keeping elbow at 90°.
4. Return to start position.
5. Remember to keep elbow firmly secured to side. You may put a rolled towel between the elbow and side to facilitate rotation and secure form.

**Seated Rear Lateral Raise (w/ DB)****Exercise Description:**

Seated Rear Lateral Raise (w/ DB)

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Sit on the end of the bench with your body bent forward so that your chest is near the tops of your thighs.
  2. Start position: Hold DB in each hand with neutral grip (palms facing each other) and let arms straight down (perpendicular to floor).
  3. With elbows slightly bent and facing the ceiling, raise DB's to shoulder level in semi-circular motion and squeeze shoulder blades together at top of movement.
  4. Return to start position.
- Remember to keep head in a neutral position

**Bent over superman with plates****Exercise Description:**

Bent over superman with plates

**Classification:**

Shoulders (free weights)

**Instructions:****Alternating Arm Swings****Exercise Description:**

Alternating Arm Swings

**Classification:**

Shoulders (free weights)

**Instructions:**

Stand in an upright position and hold a weight plate in each hand.

Raise one arm keeping it straight above your head. While bringing the arm back down start raising the other straight arm up over your head. Continue until the prescribed reps are completed.

### **Bent Over Raise (palms down)**



#### **Exercise Description:**

Bent Over Raise (palms down)

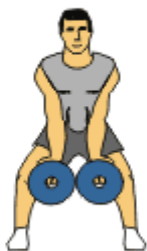
#### **Classification:**

Shoulders (free weights)

#### **Instructions:**

1. Start position: Hold weight plates in each hand with palms facing down and let arms straight down (perpendicular to floor).
  2. With elbows slightly bent and facing the ceiling, raise plates to shoulder level in semi-circular motion and squeeze shoulder blades together at top of movement.
  3. Return to start position.
- Remember to keep head in a neutral position

### **Bent Over Raise (thumbs up)**



#### **Exercise Description:**

Bent Over Raise (thumbs up)

#### **Classification:**

Shoulders (free weights)

#### **Instructions:**

1. Start position: Hold weight plates in each hand with palms facing neutral (thumbs pointing upward) and let arms straight down (perpendicular to floor).

2. With elbows slightly bent and facing the ceiling, raise plates to shoulder level in semi-circular motion and squeeze shoulder blades together at top of movement.
3. Return to start position.

Remember to keep head in a neutral position

### **Bent Over Front Shoulder Raise**



#### **Exercise Description:**

Bent Over Front Shoulder Raise

#### **Classification:**

Shoulders (free weights)

#### **Instructions:**

1. Start position: Hold weight plates in each hand with palms facing each other and let arms straight down (perpendicular to floor).
2. With elbows slightly bent and facing the ceiling, raise plates forward to shoulder level in a vertical motion and squeeze shoulder blades together at top of movement.
3. Return to start position.

Remember to keep head in a neutral position

### **Bent Over Shoulder Press**



#### **Exercise Description:**

Bent Over Shoulder Press

#### **Classification:**

Shoulders (free weights)

#### **Instructions:**

1. Start position: Hold weight plates in each hand with palms facing down.

2. With elbows bent press straight out parallel with the floor like a shoulder press.  
Return to start position.  
Remember to keep head in a neutral position

### **Incline Lateral Raise**



#### **Exercise Description:**

Incline Lateral Raise

#### **Classification:**

Shoulders (free weights)

#### **Instructions:**

Lie face down on a bench that is around a 50-60 degree angle. Hold dumbbells in each hand with elbows slightly bent. Raise arms in a semi-circular motion to shoulder level. Return to the starting position.

### **Incline Front Raise**



#### **Exercise Description:**

Incline Front Raise

#### **Classification:**

Shoulders (free weights)

#### **Instructions:**

Lie face down on a bench that is around a 50-60 degree angle. Hold dumbbells in each hand with elbows slightly bent. Raise arms in straight forward out in front of your head. Return to the starting position.

### **Goodmorning to Shoulder Press (barbell)**



**Exercise Description:**

Goodmorning to Shoulder Press (barbell)

**Classification:**

Shoulders (free weights)

**Instructions:**

- 1) Stand with feet shoulder width apart with knees slightly bent (at 20°).
- 2) Start position: Grasp bar with overhand grip shoulder width apart and rest on your posterior deltoids. Back should be straight in a neutral position.
- 3) Bending at the hips, lower bar to approximately knee height. Keep knees bent at 20° throughout movement.
- 4) Return to start position and press the barbell overhead into a shoulder press position.
- 5) Remember to keep back straight - movement should occur at the hip. To facilitate this, shift glutes back as if ready to sit down. Knees should not move forward beyond the toes.

**Hang Clean to Push Press (barbell)**



**Exercise Description:**

Hang Clean to Push Press (barbell)

**Classification:**

Shoulders (free weights)

**Instructions:**

- Keep torso straight but bent forward at the hips slightly.  
Explosively raise the bar by extending the hips, knee and ankle in a “jumping action”.

Keep your elbows out and shoulders directly above bar as long as possible.  
Keep the bar close to the body.  
Once you have extended the lower leg shrug your shoulders and at maximum elevation of the shoulders start pulling with the arms.  
Keep the elbows high during the pull until the highest point.  
Rotate elbows around and underneath the bar.  
Rack the bar across the front of the shoulders.  
Slightly flex the hips and knees to absorb the weight.  
This should be a fluid motion where all the steps flow together.  
Now go into a semi squat and explode upwards and press the barbell overhead using the momentum from the squat.  
Return to the starting position.

### **Standing Front Raise (w/ plates)**



#### **Exercise Description:**

Standing Front Raise (w/ plates)

#### **Classification:**

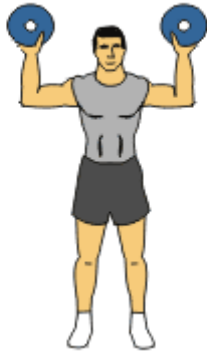
Shoulders (free weights)

#### **Instructions:**

- 1) Stand with feet shoulder width apart or sit on bench in upright position.
- 2) Start position: Grasp weight plates with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
- 3) Raise plates to front of body at shoulder height keeping elbows only slightly bent.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

### **Standing Horizontal Rotation (w/ plates)**





**Exercise Description:**

Standing Horizontal Rotation (w/ plates)

**Classification:**

Shoulders (free weights)

**Instructions:**

Stand with your elbows at shoulder level and flexed at 90 degrees.

Hold a weight plate in each hand and externally rotate your hands up towards the ceiling.

Return to the starting position.

**Standing Horizontal Rotation to Press**



**Exercise Description:**

Standing Horizontal Rotation to Press

**Classification:**

Shoulders (free weights)

**Instructions:**

Stand with your elbows at shoulder level and flexed at 90 degrees.

Hold a weight plate in each hand and externally rotate your hands up towards the ceiling.

From there shoulder press the weight plates straight overhead into a shoulder press position.

Return to the starting position.

**Standing Horizontal Rotation to Row**



**Exercise Description:**

Standing Horizontal Rotation to Row

**Classification:**

Shoulders (free weights)

**Instructions:**

Stand with your elbows at shoulder level and flexed at 90 degrees.

Hold a weight plate in each hand and externally rotate your hands up towards the ceiling.

Bring plates back down towards the waist until your arms are extended. Row the plates back up and into the external rotation.

**Standing Internal/External Rotation w/ plates**



**Exercise Description:**

Standing Internal/External Rotation w/ plates

**Classification:**

Shoulders (free weights)

**Instructions:**

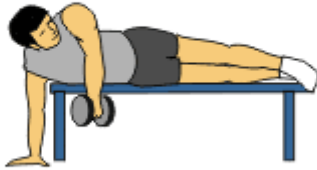
1) Start position: Grasp weight plates and flex elbow 90° keeping elbow in at side.

2) Rotate arm inward keeping elbow at 90°. Now rotate outward.

3) Return to start position.

4) Remember to keep elbow firmly secured to side. You may put a rolled towel between the elbow and side to facilitate rotation and secure form.

**Lying Side Raise**



**Exercise Description:**

Lying Side Raise

**Classification:**

Shoulders (free weights)

**Instructions:**

- 1) Lie on your side on a flat bench.
- 2) Start position: Grasp DB's with an underhand grip (palm facing down). Arm should hang down at sides with elbows slightly bent.
- 3) Raise DB to side of body until the DB is straight overhead. Keep elbows only slightly bent with thumbs pointing up throughout movement.
- 4) Return to start position.

**Standing Pec Dec (w/ plates)**



**Exercise Description:**

Standing Pec Dec (w/ plates)

**Classification:**

Shoulders (free weights)

**Instructions:**

- 1) Begin movement by contracting chest muscles and joining elbows together.
- 2) Return to start position.
- 3) Remember to guide the movement with the elbows and not the forearm or hands.

**Prone Shoulder Extension**



**Exercise Description:**

Prone Shoulder Extension

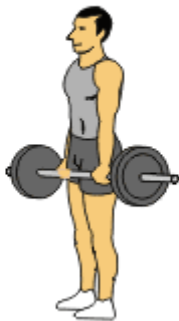
**Classification:**

Shoulders (free weights)

**Instructions:**

- 1) Lie face down on floor, bench, or stability ball.
- 2) Start position: Position arms to side of body with thumbs pointing down.
- 3) Raise arms up and squeeze shoulder blades together at top of movement.
- 4) Return to start position.
- 5) Remember to keep head in neutral position. If positioned on floor or bench, place a rolled towel under forehead.

**RDL to Upright Row (barbell)**



**Exercise Description:**

RDL to Upright Row (barbell)

**Classification:**

Shoulders (free weights)

**Instructions:**

- 1) Stand with feet hip width apart with knees slightly bent (at 20°).
- 2) Start position: Grasp bar with overhand grip hip width apart. Back should be straight in a neutral position.
- 3) Bending at the hips, lower bar to approximately knee height. Keep knees bent at 20° throughout movement.
- 4) Return to start position and then pull the barbell up in an upright row keeping the elbows high and pointed towards the ceiling.

Remember to keep back straight - movement should occur at the hip. To facilitate this, shift glutes back as if ready to sit down. Knees should not move forward beyond the toes. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

### Shoulder Press (w/ plates)



#### **Exercise Description:**

Shoulder Press (w/ plates)

#### **Classification:**

Shoulders (free weights)

#### **Instructions:**

- 1) Start position: Position weight plates to ear level with an overhand grip (palms facing forward).
- 2) Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
- 3) Return to start position.

### Lateral Raise (w/ plates)



#### **Exercise Description:**

Lateral Raise (w/ plates)

#### **Classification:**

Shoulders (free weights)

#### **Instructions:**

- 1) Stand with feet shoulder width apart or sit on bench in upright position.
- 2) Start position: Grasp weight plates with a neutral grip (palms facing each other). Arms should hang down at sides with elbows slightly bent.
- 3) Raise weight plates to side of body at shoulder height keeping elbows only slightly bent.
- 4) Return to start position.

### Standing Military Press



**Exercise Description:**

Standing Military Press

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Sit in upright position or stand with feet shoulder width apart and knees slightly bent.
2. Start position: Position barbell to ear level with an overhand grip (palms facing forward).
3. Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

**Behind Neck BB Shoulder Press**



**Exercise Description:**

Behind Neck BB Shoulder Press

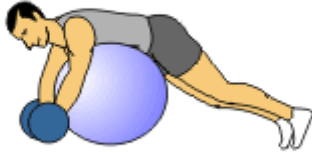
**Classification:**

Shoulders (free weights)

**Instructions:**

1. Start with the barbell on your shoulders in a standing position.
2. Keeping your torso tight press the barbell above your head until your arms are extended.
3. Return bar to your shoulders. Repeat according to prescribed repetitions.
4. Do not arch your lower back when performing this exercise. Keeping your abs tight throughout the movement.

## Prone Fly on Ball



### Exercise Description:

Prone Fly on Ball

### Classification:

Shoulders (free weights)

### Instructions:

- 1) Lie face down with chest supported by flexaball. Feet should be wider than shoulder width apart for stability. Knees may or not be on ground on depending on comfort.
- 2) Start position: Hold DB's in each hand with neutral grip (palms facing each other) and rest DB's on floor directly under shoulders.
- 3) With elbows slightly bent and facing the ceiling, raise DB's to shoulder level and squeeze shoulder blades together at top of movement.
- 4) Return to start position. However, only lower DB's to within an inch of floor.
- 5) Remember to keep head in a neutral position and trunk stable.

## Rotational press and balance



### Exercise Description:

Rotational press and balance

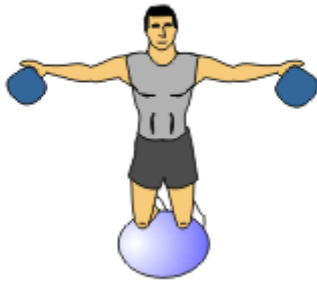
### Classification:

Shoulders (free weights)

### Instructions:

1. Start by sitting on a stability ball and raise one foot off the ground.
2. Take dumbbells and hold them at shoulder height.
3. Press the dumbbells up and over your head in a circular motion.
4. Return to the starting position and repeat. Change legs every set.

## Overhead Lateral Raise on ball



### Exercise Description:

Overhead Lateral Raise on ball

### Classification:

Shoulders (free weights)

### Instructions:

1. Start by kneeling on the ball and maintaining your balance.
2. Holding two dumbbells keeping your elbows semi-straight and raise the weight out to the side.
3. Continue until the dumbbells are overhead.
4. Return to the starting position and repeat.

## Prone Plank with 1 Arm Shoulder Stabilization



### Exercise Description:

Prone Plank with 1 Arm Shoulder Stabilization

### Classification:

Shoulders (free weights)

### Instructions:

1. Start by placing your legs on top of a stability ball and your hands on the ground to form a plank position.
2. Holding a kettleball in one hand bring that arm up and out to the side keeping your arm straight.
3. Return to the starting position and repeat. Repeat with the other arm.
4. Keep your abs tight and hips parallel with your body.

## Prone Reverse Flye on ball





**Exercise Description:**

Prone Reverse Fly on ball

**Classification:**

Shoulders (free weights)

**Instructions:**

- 1) Lie face down with chest supported by a stability ball. Feet should be wider than shoulder width apart for stability. 2) Start position: Hold DB's in each hand with neutral grip (palms facing each other) and rest DB's on floor directly under shoulders.
- 3) With elbows slightly bent and facing the ceiling, raise DB's to shoulder level and squeeze shoulder blades together at top of movement.
- 4) Return to start position.

**Dumbbell Shoulder Press on ball**



**Exercise Description:**

Dumbbell Shoulder Press on ball

**Classification:**

Shoulders (free weights)

**Instructions:**

- 1) Sit in upright position with knees slightly bent.
- 2) Start position: Position DB's to ear level with an overhand grip (palms facing forward).
- 3) Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
- 4) Return to start position.

**Balanced Lateral Raises on ball**



**Exercise Description:**

Balanced Lateral Raises on ball

**Classification:**

Shoulders (free weights)

**Instructions:**

- 1) Balance on a stability ball with your knees and feet, then grab a dumbbell in each hand.
- 2) Start position: Grasp DB's with a neutral grip (palms facing each other). Arms should hang down at sides with elbows slightly bent.
- 3) Raise DB's to side of body at shoulder height keeping elbows only slightly bent.
- 4) Return to start position.

**Rear Delt Raise on Stability ball**



**Exercise Description:**

Rear Delt Raise on Stability ball

**Classification:**

Shoulders (free weights)

**Instructions:**

- 1) Begin by stabilizing yourself on top the ball using your lower leg.
- 2) Start position: Hold DB in each hand with neutral grip (palms facing each other) and let arms straight down (perpendicular to floor). Lean forward slightly.
- 3) With elbows slightly bent and facing the ceiling, raise DB's to shoulder level in semi-circular motion and squeeze shoulder blades together at top of movement.
- 4) Return to start position.
- 5) Remember to keep head in a neutral position.

**Kneeling Shoulder Press on Stability Ball**



**Exercise Description:**

Kneeling Shoulder Press on Stability Ball

**Classification:**

Shoulders (free weights)

**Instructions:**

- 1) Position yourself with your knees on top of the ball and maintain your balance in an upright position.
- 2) Start position: Position DB's to ear level with an overhand grip (palms facing forward).
- 3) Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

**Seated Shoulder Press on 1 Leg**



**Exercise Description:**

Seated Shoulder Press on 1 Leg

**Classification:**

Shoulders (free weights)

**Instructions:**

- 1) Sit in upright position with feet shoulder width apart and knees slightly bent. Raise one leg up off the floor and maintain your balance.
- 2) Start position: Position DB's to ear level with an overhand grip (palms facing forward).
- 3) Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

**Seated Front Raise with DBs**



**Exercise Description:**

Seated Front Raise with DBs

**Classification:**

Shoulders (free weights)

**Instructions:**

- 1) Sit on a ball in an upright position.
- 2) Start position: Grasp DB's with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
- 3) Raise DB's to front of body at shoulder height keeping elbows only slightly bent.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

**Seated Front Raise on 1 Leg**



**Exercise Description:**

Seated Front Raise on 1 Leg

**Classification:**

Shoulders (free weights)

**Instructions:**

- 1) Sit on a ball in an upright position. Raise one leg off the floor and maintain balanced position.
- 2) Start position: Grasp DB's with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
- 3) Raise DB's to front of body at shoulder height keeping elbows only slightly bent.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

**Kneeling Front Raise on Stability Ball**



**Exercise Description:**

Kneeling Front Raise on Stability Ball

**Classification:**

Shoulders (free weights)

**Instructions:**

- 1) Begin by kneeling on top of a stability ball and maintaining your balance.
- 2) Start position: Grasp DB's with an overhand grip (palms down). Arms should hang down to front with elbows slightly bent.
- 3) Raise DB's to front of body at shoulder height keeping elbows only slightly bent.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

**Seated Lateral Raise on Ball**



**Exercise Description:**

Seated Lateral Raise on Ball

**Classification:**

Shoulders (free weights)

**Instructions:**

- 1) Sit on a ball in an upright position.
- 2) Start position: Grasp DB's with an underhand grip (palms facing forward). Arms should hang down at sides with elbows slightly bent.
- 3) Raise DB's to side of body at shoulder height. Keep elbows only slightly bent with thumbs pointing up throughout movement.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulders stabilized by squeezing shoulder blades together throughout movement.

**DB Shoulder Press and Twist**



**Exercise Description:**

DB Shoulder Press and Twist

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Stand with your feet shoulder width apart and the dumbbells at shoulder level.
2. Press the dumbbells up above your head and simultaneously twist your trunk.
3. Return to the starting position and then twist to the opposite direction.
4. Keep your feet planted and stationary the entire time.

**Bradford Press**



**Exercise Description:**

Bradford Press

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Start by holding barbell at chest level with your legs in a shoulder width stance.
2. This movement is a lot like a military overhead press only you press the barbell just high enough to clear your head and then lower it behind your neck until it touches your traps.
3. Once it does immediately reverse the movement by pressing the barbell up and over your head and then lowering it to your upper chest. That is one rep.
4. The idea is to never press the bar all the way up so you keep tension on your shoulders.
5. Complete for required repetitions. You can do this one standing or seated.

**Single arm incline lateral raise (palms out)**



**Exercise Description:**

Single arm incline lateral raise (palms out)

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Lie on your side on an incline bench and hold a dumbbell with your outside hand.
2. Face your palm out away from your body and slowly raise your arm up at a 45 degree angle keeping your arm straight.
3. Return to the starting position following the same motion and repeat for the required repetitions.
4. Repeat with the other arm.

**Single arm incline lateral raise**



**Exercise Description:**

Single arm incline lateral raise

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Lie on your side on an incline bench and hold a dumbbell with your outside hand.
2. Face your palm down towards the floor and slowly raise your arm up at a 45 degree angle keeping your arm straight.
3. Return to the starting position following the same motion and repeat for the required repetitions.
4. Repeat with the other arm.

**DB shoulder press (palms in)**



**Exercise Description:**

DB shoulder press (palms in)

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Starting position: Dumbbells are at shoulder level with your palms facing your head.
2. Press the dumbbells over your head keeping your palms facing each other.
3. Return to the starting position and repeat. Remember to not arch your lower back as you press the dumbbells over your head.

**Standing Barbell Curl and Press**



**Exercise Description:**

Standing Barbell Curl and Press

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Start by holding a barbell with a palms up grip.
2. Curl the bar up to shoulder height and then press over your head.
3. Keep your abs tight and avoid hyperextension of the lower back.
4. Return to the starting position and repeat.

**Reverse Fly with Cobra**





**Exercise Description:**

Reverse Fly with Cobra

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Start by lying face down on the ball below your abdomen and hold dumbbells down towards the ground.
2. Slowly arch your lower back and hold this position. While holding this position bring the dumbbells out and up until parallel with your shoulders.
3. Pinch your shoulder blades in towards your spine while doing this.
4. Return to the starting position and repeat for the recommended repetitions.

**DB press with isometric lunge**



**Exercise Description:**

DB press with isometric lunge

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Start by holding the Dumbbells at shoulder level.
2. Proceed into a lunge position and hold this position throughout movement.
3. While in the lunge position press the dumbbells above your head for the recommended repetitions.
4. You can switch your legs halfway between the set or switch them on your next set.

**DB curl with shoulder press**



**Exercise Description:**

DB curl with shoulder press

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Start by holding the dumbbells at your side with a neutral grip.
2. Curl the dumbbells up to shoulder level and then proceed into a shoulder press.
3. Keep your abs tight throughout the movement.
4. Return to the starting position and repeat.

**DB squat and press**



**Exercise Description:**

DB squat and press

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Start by holding the dumbbells at shoulder level.
2. Proceed into a squat and when you start to stand up push the dumbbells overhead until fully extended.
3. Bring the dumbbells back down and go into a 1/4 squat. Return to the starting position.
4. Repeat this movement for the recommended repetitions.

**DB Deadlift Curl and Press**



**Exercise Description:**

DB Deadlift Curl and Press

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Holding dumbbells at your side proceed to squat down into a squat until the dumbbells almost touch the ground.
2. Stand up and curl the dumbbells to shoulder level.
3. Now press the dumbbells up over your head until your arms are extended.
4. Return to the starting position and repeat.

**Seated Incline Barbell Raise**



**Exercise Description:**

Seated Incline Barbell Raise

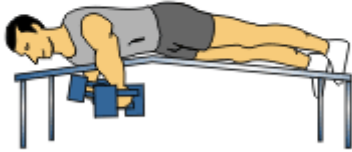
**Classification:**

Shoulders (free weights)

**Instructions:**

1. Start by sitting on an incline bench and placing the bar on your thighs.
2. Keeping your arms semi straight raise the bar up above your head.
3. Slowly lower the bar and repeat.

**Prone Retractions with Dumbbells**



**Exercise Description:**

Prone Retractions with Dumbbells

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Start by lying face down on a flat bench. Holding light dumbbells out to your side.
2. Slowly lower the dumbbells only a few inches down below parallel and then retract your shoulder blades and lift the dumbbells up to parallel or slightly above.
3. Your hands can be in a thumbs up position or thumbs forward position.
4. This is a slow and controlled movement with the focus on squeezing your shoulder blades together.

**Rear Lunge with front lateral raise**



**Exercise Description:**

Rear Lunge with front lateral raise

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Start by standing in a shoulder width stance with your feet together. Hold a dumbbell in each hand at your side.
2. Proceed into a reverse lunge and bring your back knee to the ground. While lunging backwards lift your opposite arm forward and up keeping the elbow semi-straight.
3. Return to the starting position and repeat with the opposite arm and leg.
4. To increase the difficulty raise your arm on the same side as the lunging leg.

**Seated Bar Curl and Press on Ball**



**Exercise Description:**

Seated Bar Curl and Press on Ball

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Start by sitting on a resistance ball and holding the barbell on your thighs. Hold the barbell with your palms down.
2. Curl the barbell up to shoulder level and then press the barbell over your head.
3. Return to the starting position and repeat.
4. Keep your abs tight throughout the movement and avoid excessive arching of the lower back.

**Seated Barbell Curl and Press**



**Exercise Description:**

Seated Barbell Curl and Press

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Start by sitting on a bench and holding the barbell on your thighs. Hold the barbell with your palms down.
2. Curl the barbell up to shoulder level and then press the barbell over your head.
3. Return to the starting position and repeat.
4. Keep your abs tight throughout the movement and avoid excessive arching of the lower back.

## Seated DB Curl and Press on Ball



### **Exercise Description:**

Seated DB Curl and Press on Ball

### **Classification:**

Shoulders (free weights)

### **Instructions:**

1. Start by sitting on a resistance ball and holding the dumbbells at your sides. Hold the dumbbells with your palms up.
2. Curl the dumbbells up to shoulder level and then press the dumbbells over your head.
3. Return to the starting position and repeat.
4. Keep your abs tight throughout the movement and avoid excessive arching of the lower back.

## Seated DB Curl and Press



### **Exercise Description:**

Seated DB Curl and Press

### **Classification:**

Shoulders (free weights)

### **Instructions:**

1. Start by sitting on a bench and holding the dumbbells at your sides. Hold the dumbbells with your palms up.
2. Curl the dumbbells up to shoulder level and then press the dumbbells over your head.
3. Return to the starting position and repeat.
4. Keep your abs tight throughout the movement and avoid excessive arching of the lower back.

## Walking Lunge Curl and Press



**Exercise Description:**

Walking Lunge Curl and Press

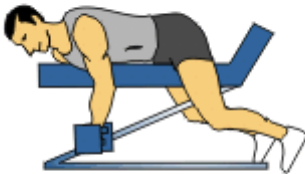
**Classification:**

Shoulders (free weights)

**Instructions:**

1. Start by lunging forward with the dumbbells at your side.
2. As you stand up from your lunge curl the dumbbells up towards the shoulders.
3. Bring the dumbbells back down to your waist as you go into your next lunge.
4. As you stand up from the second lunge raise the dumbbells up over your head as if you are shoulder pressing them up.
5. Bring them back down to the waist when you lunge down for the third time and repeat this sequence.
6. Repeat for the recommended repetitions.

**Prone DB Reverse Flyes**



**Exercise Description:**

Prone DB Reverse Flyes

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Lie face down on a bench and grab a dumbbell in each hand.
2. Keeping your arms relatively straight raise the dumbbells out to the side and up until parallel with the body.
3. Try to pinch your shoulder blades together as you raise the dumbbells.
4. Lower the dumbbells to the starting position and repeat.

**DB One Arm Rear Delt Row**



**Exercise Description:**

DB One Arm Rear Delt Row

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Start by placing your hand and knee on a bench with your back flat.
2. Holding a dumbbell in one hand with your elbow out to the side pull the dumbbell up towards your shoulder.
3. Return to the starting position making sure that your elbow is about 90 degrees to your body and repeat for the desired repetitions.

**Smith Machine Overhead Press**



**Exercise Description:**

Smith Machine Overhead Press

**Classification:**

Shoulders (free weights)

**Instructions:**

1. Start by sitting on a bench and placing the bar at shoulder level.
2. Proceed to press the bar up overhead until your arms are extended.
3. Return to the starting position and repeat for the suggested repetitions.



