

Shoulders (resistance bars)

Front Arm Extensions



Exercise Description:

Front Arm Extensions

Classification:

Shoulders (resistance bars)

Instructions:

1. Place your feet together and keep your head straight. Hold the resistance bars below your chin and open them as wide as you possibly can.
2. While maintaining the distance between the resistance bars extend your hands slowly forward and lock them out.
3. Hold for 5 to 10 seconds and bring your hands back to your chest.
4. Maintain the distance between the resistance bars. Close only upon completion of the set.
5. Inhale opening the resistance bars and exhale when extending them forward. Inhale returning the resistance bars to your chest

Front Extended Arm Raise



Exercise Description:

Front Extended Arm Raise

Classification:

Shoulders (resistance bars)

Instructions:

1. Place feet together and resistance bars in front of you below your navel. Open the resistance bars as wide as you possibly can.
2. Maintaining distance between resistance bars in one fluid motion extend the resistance bars outward and raise them above your head.
3. Maintaining the distance between the resistance bars in one fluid motion extend the resistance bars downward returning the resistance bars to the starting position.
4. Inhale opening the resistance bars exhale extending the resistance bars upward. Inhale then exhale as you extend resistance bars downward.

Palms-in Overhead Raise



Exercise Description:

Palms-in Overhead Raise

Classification:

Shoulders (resistance bars)

Instructions:

1. Place your feet together and keep your head straight. Hold the resistance bars at chest level and open them as wide as you possibly can.
2. Maintaining the distance between the resistance bars raise your hands slowly above your head and lock them out.
3. Hold for 5 to 10 seconds and slowly lower the resistance bars back to chest level.
4. Do not close the resistance bars while doing your repetitions. Close them only after completing the set.
5. Inhale when opening the resistance bars and exhale raising them upward. Inhale when returning the resistance bars to your chest and repeat.

Palms-Out Overhead Raise



Exercise Description:

Palms-Out Overhead Raise

Classification:

Shoulders (resistance bars)

Instructions:

1. Place your feet together and keep your head straight. Hold the resistance bars slightly above chest level and open them as wide as you possibly can with palms facing outward.
2. Maintaining the distance between the resistance bars raise your hands slowly above your head and lock them out.
3. Hold for 5 to 10 seconds and slowly lower the resistance bars back to chest level.
4. Do not close the resistance bars while doing your repetitions. Close them only after completing the set.
5. Inhale when opening the resistance bars and exhale raising them upward. Inhale when returning the resistance bars to your chest and repeat.

Parallel Arm Lifts**Exercise Description:**

Parallel Arm Lifts

Classification:

Shoulders (resistance bars)

Instructions:

1. Place your feet together and keep your head straight. With palms facing inward hold the resistance bars horizontal to the ground at chest level and open them as wide as you possibly can.
2. Maintaining the distance between the resistance bars extend your hands slowly forward and lock them out. Hold for 5 to 10 seconds and bring the resistance bars slowly back to your chest.
3. Alternate arm on top by turning resistance bars after each repetition or after completing a set. Maintain the distance between the resistance bars while doing your repetitions and close them only after completing the set.
4. Inhale opening the resistance bars and exhale extending them outward. Inhale returning the resistance bars to your chest

Rear Overhead Raises



Exercise Description:

Rear Overhead Raises

Classification:

Shoulders (resistance bars)

Instructions:

1. Place resistance bars behind your head and open them as wide as you possibly can.
2. Maintaining the distance between the resistance bars raise your hands slowly above your head, hold in the locked position for 5 to 10 seconds then slowly lower your hands.
3. Do not close the resistance bars until you complete your set.
4. Inhale as you open the resistance bars. Exhale while raising and inhale while lowering.