

## Shoulders (seated)



### **Exercise Description:**

Seated Band Front Raise

### **Classification:**

Shoulders (seated)

### **Instructions:**

1. Sit on a bench and secure the band underneath the bench or your feet.
2. Keep your arms straight and raise them out in front of you until your hands reach shoulder height.
3. Return to the starting position and repeat for the recommended repetitions

## Seated Front Raises on ball



### **Exercise Description:**

Seated Front Raises on ball

### **Classification:**

Shoulders (seated)

### **Instructions:**

1. Sit on a ball and secure the band underneath the ball or your feet.
2. Keep your arms straight and raise them out in front of you until your hands reach shoulder height.
3. Return to the starting position and repeat for the recommended repetitions

## Seated Incline Barbell Raise



**Exercise Description:**

Seated Incline Barbell Raise

**Classification:**

Shoulders (seated)

**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.

**Seated Lateral Raise with band**



**Exercise Description:**

Seated Lateral Raise with band

**Classification:**

Shoulders (seated)

**Instructions:**

1. Sit on a bench or chair with the band secured underneath you.
2. Keep your arms semi straight and raise them out and away from your body until your arms reach shoulder height.
3. Return to the starting position and repeat.

**Seated on ball Lateral Raises**



**Exercise Description:**

Seated on ball Lateral Raises

**Classification:**

Shoulders (seated)

**Instructions:**

1. Sit on a ball with the band secured underneath you or your feet.
2. Keep your arms semi straight and raise them out and away from your body until your arms reach shoulder height.
3. Return to the starting position and repeat.

**Seated Band Shoulder Press**



**Exercise Description:**

Seated Band Shoulder Press

**Classification:**

Shoulders (seated)

**Instructions:**

1. Start by sitting on a bench with the band secured under your feet. Hold on to handles and bring them to shoulder level.
2. Press your arms up over your head until your arms are extended.
3. Return to the starting position and repeat.

**Seated Band Shoulder Press on Ball**



**Exercise Description:**

Seated Band Shoulder Press on Ball

**Classification:**

Shoulders (seated)

**Instructions:**

1. Start by sitting on a resistance ball with the band secured under your feet. Hold on to handles and bring them to shoulder level.
2. Press your arms up over your head until your arms are extended.
3. Return to the starting position and repeat.

**Seated Bar Curl and Press on Ball**



**Exercise Description:**

Seated Bar Curl and Press on Ball

**Classification:**

Shoulders (seated)

**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 (seated)

**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 (seated)

**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 (seated)

**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.

**Seated Upright Row with Band**



**Exercise Description:**

Seated Upright Row with Band

**Classification:**

Shoulders (seated)

**Instructions:**

1. Start by sitting on a bench with the band secured under your feet or the bench.
2. Raise the band up by pulling with your hands up towards your shoulders.
3. During the movement keep your elbows higher than your hands or try to lead the movement with your elbows.
4. Return to the starting position and repeat.

**Seated Upright Row on Ball with Band**



**Exercise Description:**

Seated Upright Row on Ball with Band

**Classification:**

Shoulders (seated)

**Instructions:**

1. Start by sitting on a ball with the band secured under your feet or the ball.
2. Raise the band up by pulling with your hands up towards your shoulders.
3. During the movement keep your elbows higher than your hands or try to lead the movement with your elbows.
4. Return to the starting position and repeat.