

DIRECTIONS

FREQUENCY:

> Perform each workout (Day 1, Day 2) once per week, resting three days in between them. Add Day 1's training at the end of your current chest workout. Perform Day 2's workout on its own.

TIME NEEDED:

> 45 minutes for Day 2.

HOW TO DO IT:

> Perform the exercises as straight sets, completing all the prescribed sets for one move before moving on to the next. Rest for about 60 seconds between all sets.

PROGRAM POINTS

> **You will train shoulders** twice a week. The first shoulder workout is brief – just two moves

you add on to your current chest routine. Three days later, you'll hit the shoulders directly.

> Since the front delts are trained hard by most chest exercises, it's not necessary to spend much time isolating them in your shoulder training. Our workouts focus more on the side and rear heads of the shoulder. The rear delts contribute to your body's width and thickness from the front and the side, so bringing up this oft-overlooked area will help to fill out your upper body.

> The shoulder joint is inherently unstable and susceptible to injury, especially when moving a load overhead. For this reason, we've put the overhead pressing last in the workout, when your delts are already fatigued and pumped with blood. You won't be able to use as heavy a load as a result, but it ensures safe training.

DAY 1

1 REVERSE PEC DECK

(not shown)

SETS: 4 SETS: 20, 15, 12, 9

> Sit at a pec deck machine facing the back rest. Grab the handles in front of your chest and draw them backward until your upper arms are straight out to your sides (but keep a little bend in your elbows). Squeeze your shoulder blades together as you pull your arms back and hold for a second at the point of peak contraction. Increase the weight each set while performing fewer reps.

2 CABLE SIDE LATERAL

(not shown)

SETS: 3 SETS: 15/10

> Attach a single-grip handle to the low pulley of a cable station and grab it with your right hand. Stand to the left of the machine and far enough away so that you feel tension on your shoulder from the cable. Raise your arm to 90 degrees. Complete 15 reps, then reduce the weight to a load you're sure you can do another 10 reps with immediately (a drop set). Repeat on the opposite arm.

DAY 2

1 BENTOVER LATERAL RAISE

SETS: 4 SETS: 15

> Hold a dumbbell in each hand and bend over at the hips while keeping the natural arch in your lower back. Allow your arms to hang. With your palms facing your knees, raise the weights to 90 degrees. Hold at the top for a second on each rep.



12

THE NUMBER OF MUSCLES WORKED BY THE BENTOVER LATERAL RAISE

WARNING

Don't let your traps take over the movement. On all lateral raise exercises, think about sinking your shoulder blades down. The effort must come from your deltoids.

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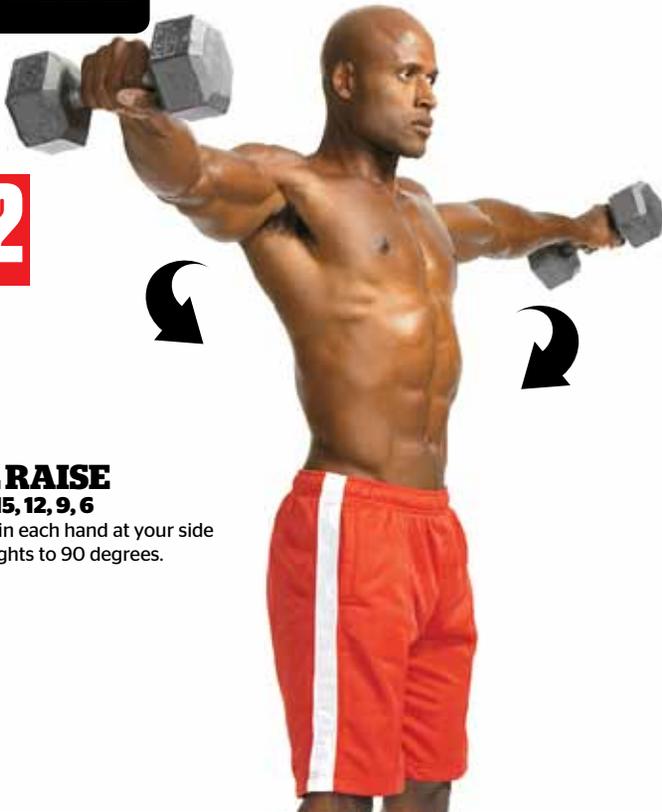
DAY 2
CONTINUED

2

LATERAL RAISE

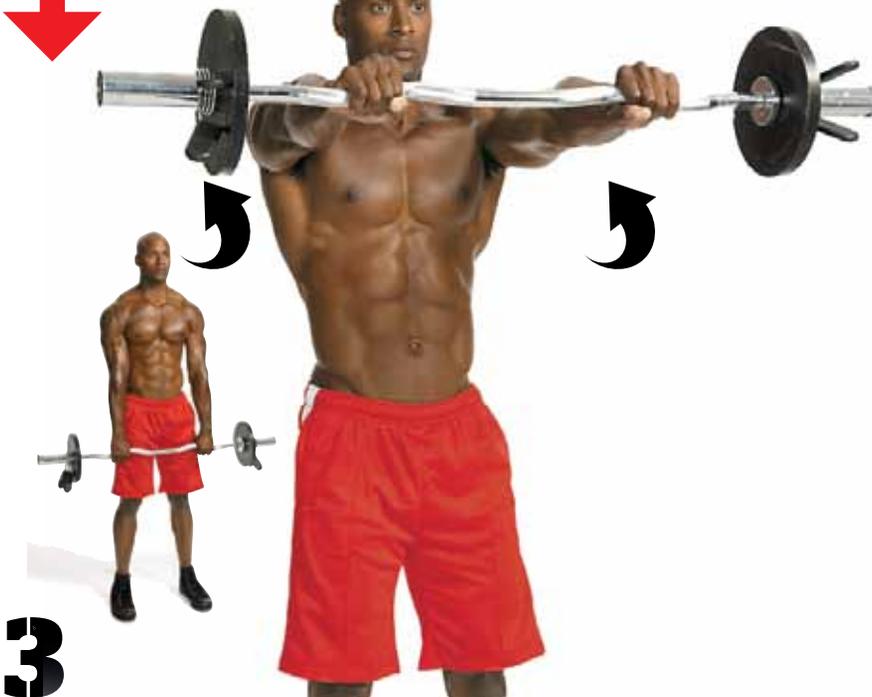
SETS: 4 REPS: 15, 12, 9, 6

> Hold a dumbbell in each hand at your side and raise both weights to 90 degrees.



ISOLATE

Eliminate momentum as much as possible. Concentrate on contracting your shoulder muscles first and then lifting.



3

EZ-BAR FRONT RAISE

SETS: 3 REPS: 12

> Hold an EZ-Curl bar with an overhand, shoulder-width grip and let it hang in front of you. Keeping your arms straight, raise the bar to shoulder level.

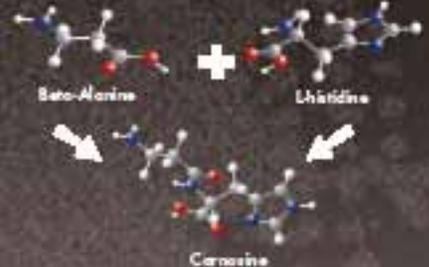
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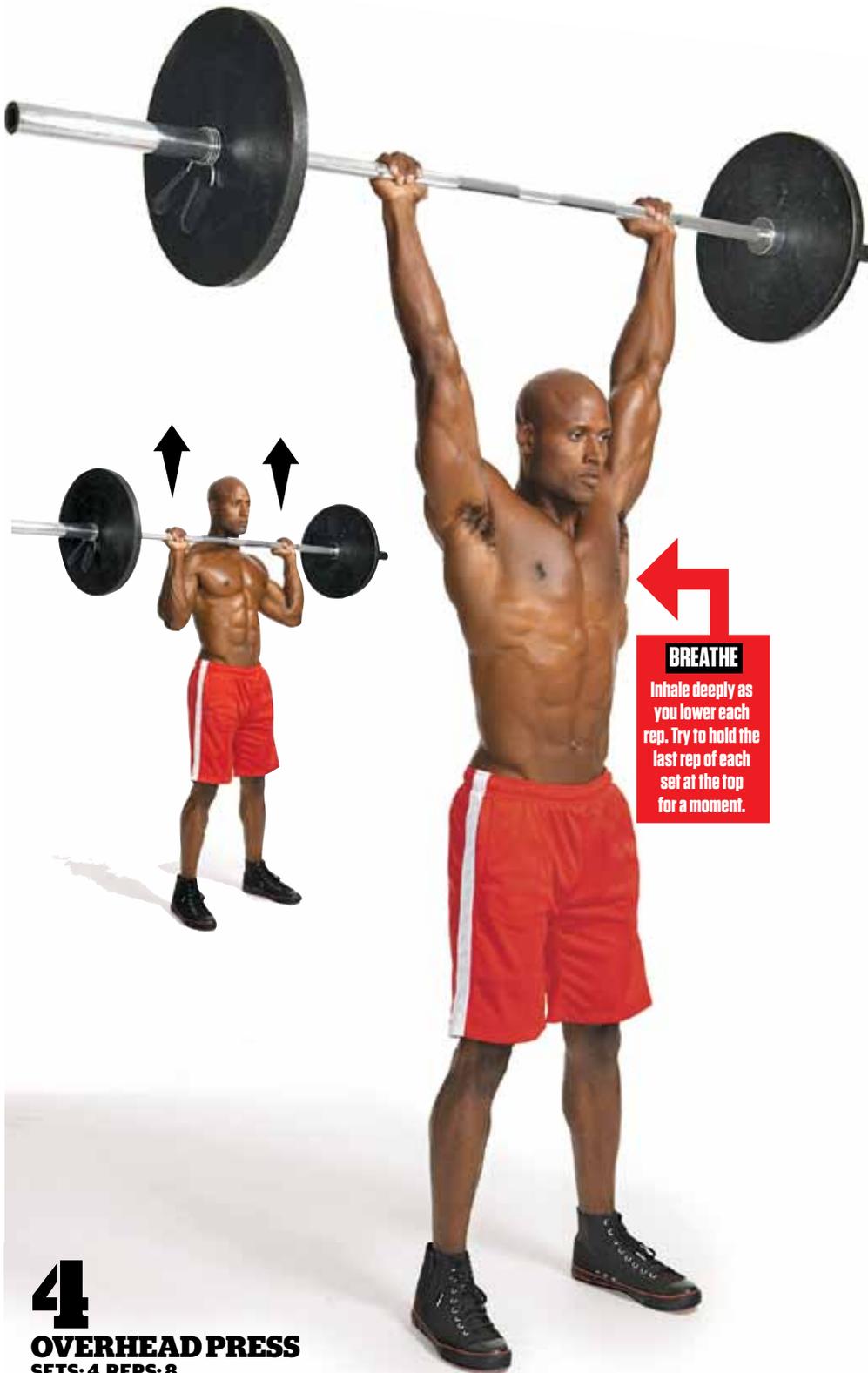
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PERSONAL TRAINER

DAY 2
CONTINUED



BREATHE

Inhale deeply as
you lower each
rep. Try to hold the
last rep of each
set at the top
for a moment.

4

OVERHEAD PRESS

SETS: 4 REPS: 8

► Stand with your feet shoulder-width apart and grab the bar with a slightly wider-than-shoulder-width grip. Squeeze your shoulder blades together and push your chest out. Press the bar overhead and slightly backward so that it ends up in line with the back of your head.