



Workout Routine Sample

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Workout Routine - Barbell - Broad Shoulders

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Workout Routine Snapshot

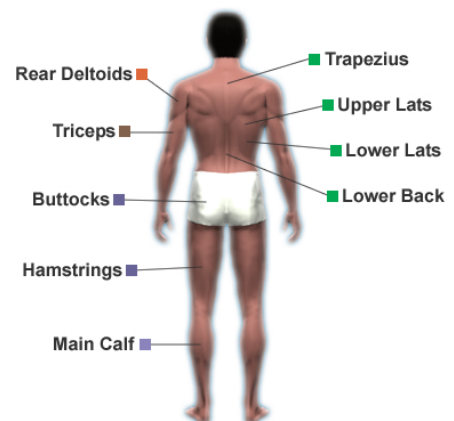
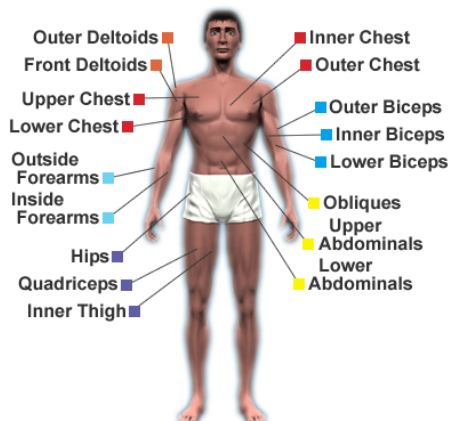
1 Workout Days

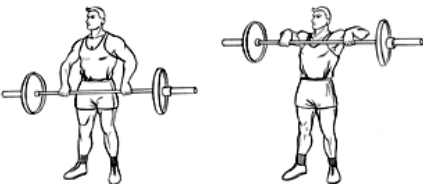
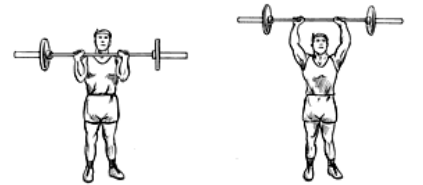
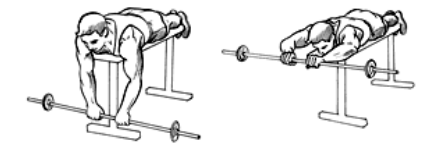
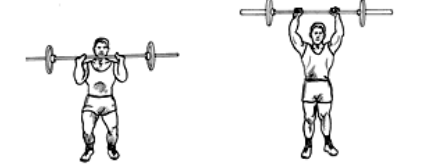
0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises

4 ■ Shoulders



	<p>■ Shoulders Upright Row (Barbell)</p> <p>Secondary Muscles Front Deltoids, Outer Deltoids, Trapezius</p> <p>Starting Position Stand up and hold the barbell with your hands in front of your thighs, hands at a medium-grip position, palms facing backwards.</p> <p>Motion Raise the barbell until it reaches the top of your chest and lower it back down slowly after a short pause.</p> <p>Tips/Caution Be careful not to jerk your back in an effort to help you raise the barbell.</p>
	<p>■ Shoulders Military Press - Standing</p> <p>Secondary Muscles Triceps, Front Deltoids, Outer Deltoids, Trapezius</p> <p>Starting Position Stand up and hold the barbell in front of your neck, just above your shoulders.</p> <p>Motion Push the barbell straight up until your elbows come close to locking and lower it back down slowly after a short pause.</p> <p>Tips/Caution Be careful not to jerk your back in an effort to help you raise the barbell.</p>
	<p>■ Shoulders Rear Deltoid Raise (Barbell) - Prone</p> <p>Secondary Muscles Rear Deltoids, Trapezius</p> <p>Starting Position Lie prone on an elevated bench and hold the barbell below your chest, arms extended.</p> <p>Motion Raise the barbell until your arms are parallel to the ground and lower it back down slowly after a short pause.</p> <p>Tips/Caution Keep your arms extended throughout.</p>
	<p>■ Shoulders Push Press (Barbell)</p> <p>Secondary Muscles Triceps, Front Deltoids, Trapezius</p> <p>Starting Position Stand up and hold the barbell in front your neck, just above your shoulders, knees slightly arched.</p> <p>Motion Push the barbell straight up until your arms are close to locking and lower it back down slowly after a short pause.</p> <p>Tips/Caution Breathe out while pushing up and breathe in while lowering back.</p>