



# Workout Routine Sample

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## Workout Routine - Dumbbells - Broad Shoulders

Printed on Apr 28 2011

### Workout Routine Snapshot

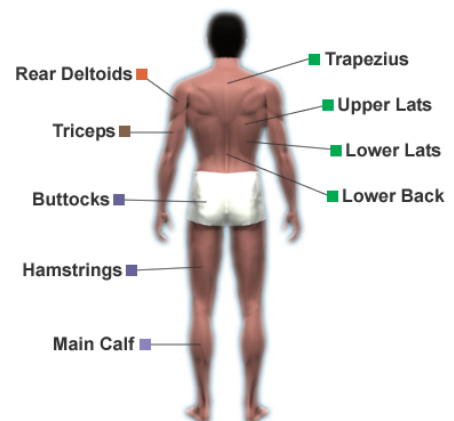
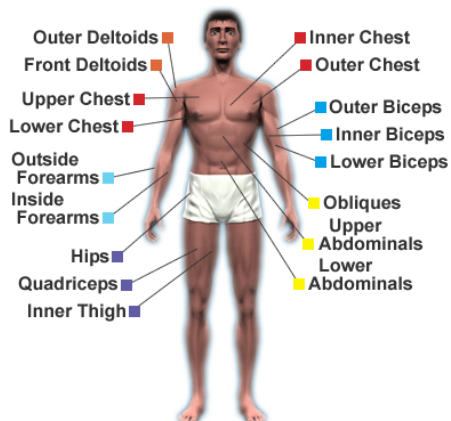
1 Workout Days

0 Cardio Exercises









4 Strength Training →

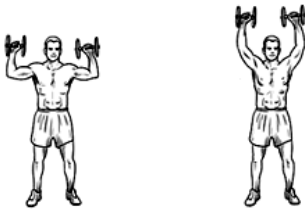



0 Stretching Exercises

4 ■ Shoulders



# Workout Routine - Dumbbells - Broad Shoulders - Day 1

Cardio / Strength Training		# of Sets	# of Reps	Progress Log							
<span style="color: orange;">■</span> Shoulders   Shoulder Press - Standing; Pronation Grip											
		3	6								
<span style="color: orange;">■</span> Shoulders   Lateral Deltoid Raise - Standing											
		3	6								
<span style="color: orange;">■</span> Shoulders   Rear Deltoid Raise - Bent-Over; One-Arm											
		3	6								
<span style="color: orange;">■</span> Shoulders   Front Deltoid Raise (Dumbbells) - to Horizontal											
		3	6								

	<p>■ <b>Shoulders   Shoulder Press - Standing; Pronation Grip</b></p> <p><b>Secondary Muscles</b> Triceps, Front Deltoids, Outer Deltoids, Trapezius</p> <p><b>Starting Position</b> Stand up and hold two dumbbells close to your shoulders, palms facing forward.</p> <p><b>Motion</b> Push the dumbbells straight up until your elbows come close to locking and lower them back after a short pause.</p> <p><b>Tips/Caution</b> Be careful not to jerk your back in an effort to help you raise the dumbbells.</p>
	<p>■ <b>Shoulders   Lateral Deltoid Raise - Standing</b></p> <p><b>Secondary Muscles</b> Outer Deltoids, Trapezius</p> <p><b>Starting Position</b> Stand up and hold one dumbbell with each hand in front of your hips, palms facing each other.</p> <p><b>Motion</b> Raise the dumbbells to your sides until your arms are close to being parallel to the ground and lower them back down after a short pause.</p> <p><b>Tips/Caution</b> Try to maintain the angles in your elbows still throughout.</p>
	<p>■ <b>Shoulders   Rear Deltoid Raise - Bent-Over; One-Arm</b></p> <p><b>Secondary Muscles</b> Rear Deltoids, Trapezius</p> <p><b>Starting Position</b> Bend down and hold one dumbbell with one hand between your legs, knees slightly bent.</p> <p><b>Motion</b> Raise the dumbbell to your side until your arm is parallel to the ground and lower it back down slowly after a short pause.</p> <p><b>Tips/Caution</b> Keep the angle in your elbow still throughout.</p>
	<p>■ <b>Shoulders   Front Deltoid Raise (Dumbbells) - to Horizontal</b></p> <p><b>Secondary Muscles</b> Front Deltoids, Trapezius</p> <p><b>Starting Position</b> Stand up and hold one dumbbell with each hand in front of your thighs, palms facing back.</p> <p><b>Motion</b> Raise the dumbbells forward then up until your arms are parallel to the ground and lower them back down after a short pause.</p> <p><b>Tips/Caution</b> Keep your arms extended throughout.</p>