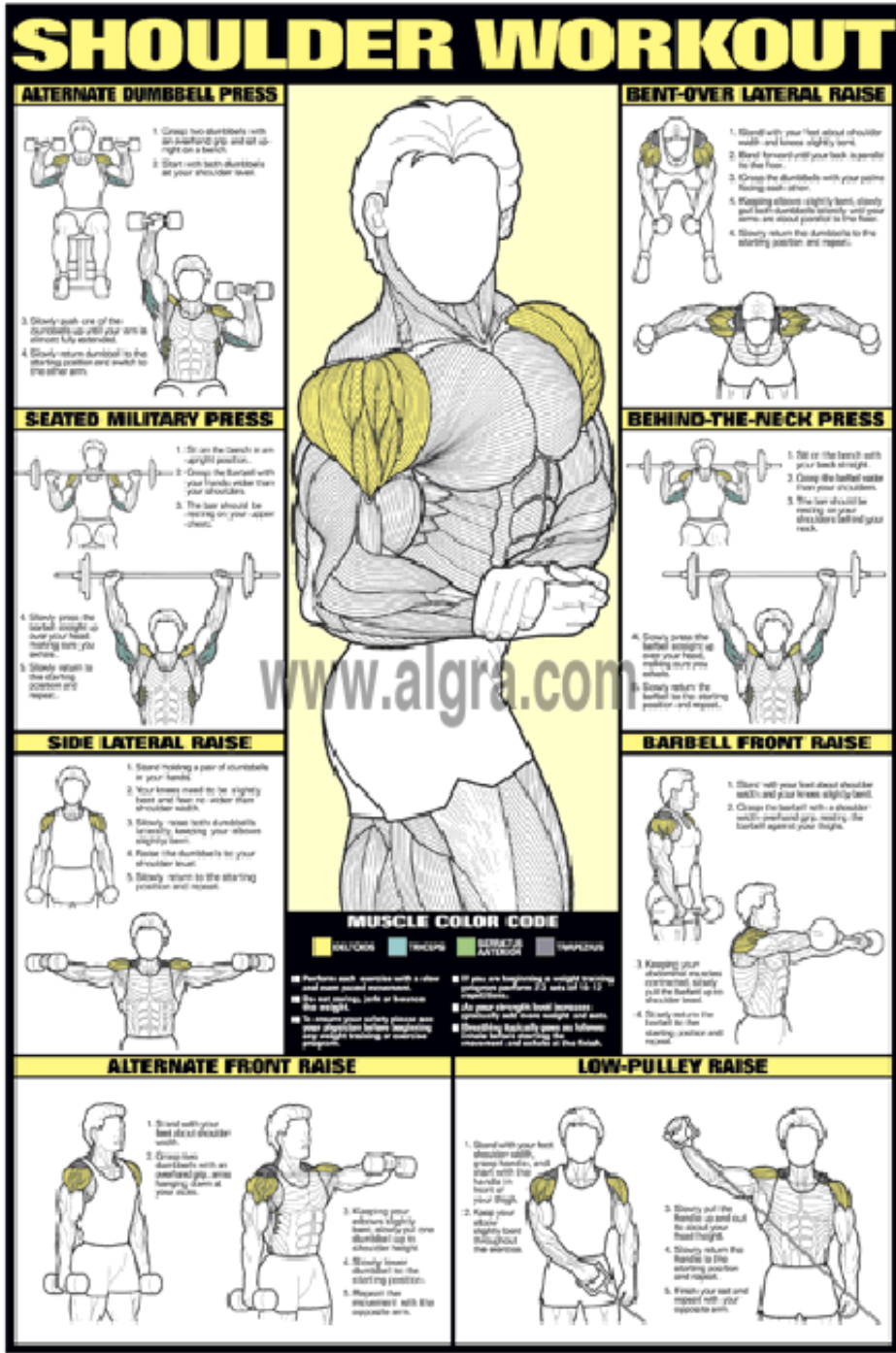


Male Shoulder Workout Chart– BA068

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| <p>Description</p> | <p>◆ Bruce Algra's Shoulder Workout Poster presents the most effective weight training exercises to develop the deltoid muscles. Each of eight exercises instruct and illustrate how to strengthen and shape the shoulder muscles in a quick and safe manner. This workout routine and body building poster is full of great education and will enhance any weight room wall.</p> |
| <p>Details</p> | <p>1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides</p> |
| <p>Image</p> |  <p>SHOULDER WORKOUT</p> <p>ALTERNATE DUMBBELL PRESS</p> <ol style="list-style-type: none"> 1. Grasp two dumbbells with an overhand grip and sit upright on a bench. 2. Start with both dumbbells at your shoulder level. 3. Slowly push one of the dumbbells up until your arm is almost fully extended. 4. Slowly return dumbbell to the starting position and switch to the other arm. <p>SEATED MILITARY PRESS</p> <ol style="list-style-type: none"> 1. Sit on the bench in an upright position. 2. Grasp the barbell with your hands wider than your shoulders. 3. The bar should be resting on your upper chest. 4. Slowly press the barbell straight up over your head, holding onto your wrists. 5. Slowly return to the starting position and repeat. <p>SIDE LATERAL RAISE</p> <ol style="list-style-type: none"> 1. Stand holding a pair of dumbbells at your sides. 2. Your knees need to be slightly bent and feet no wider than shoulder width. 3. Slowly raise both dumbbells laterally keeping your elbows slightly bent. 4. Lower the dumbbells to your shoulder level. 5. Slowly return to the starting position and repeat. <p>ALTERNATE FRONT RAISE</p> <ol style="list-style-type: none"> 1. Stand with your feet about shoulder width. 2. Grasp two dumbbells with an overhand grip and hold them at your sides. 3. Keeping your elbows slightly bent, slowly raise one dumbbell up to shoulder height. 4. Slowly return the dumbbell to the starting position. 5. Repeat the sequence with the opposite arm. <p>BENT-OVER LATERAL RAISE</p> <ol style="list-style-type: none"> 1. Stand with your feet about shoulder width and knees slightly bent. 2. Bend forward until your back is parallel to the floor. 3. Grasp the dumbbells with your palms facing each other. 4. Keeping elbows slightly bent, slowly push both dumbbells laterally, and your arms are about parallel to the floor. 5. Slowly return the dumbbells to the starting position and repeat. <p>BEHIND-THE-NECK PRESS</p> <ol style="list-style-type: none"> 1. Sit on the bench with your back straight. 2. Grasp the barbell wider than your shoulders. 3. The bar should be resting on your upper chest. 4. Slowly press the barbell straight up over your head, holding onto your wrists. 5. Slowly return the barbell to the starting position and repeat. <p>BARBELL FRONT RAISE</p> <ol style="list-style-type: none"> 1. Stand with your feet about shoulder width and your knees slightly bent. 2. Grasp the barbell with an overhand grip, resting the barbell against your thighs. 3. Keeping your abdominal muscles contracted, slowly pull the barbell up to shoulder level. 4. Slowly return the barbell to the starting position and repeat. <p>LOW-PULLEY RAISE</p> <ol style="list-style-type: none"> 1. Stand with your feet shoulder width, your hands should start with the handle of your high pull. 2. Keep your elbows slightly bent throughout the exercise. 3. Slowly pull the handle up and out to about your head height. 4. Slowly return the handle to the starting position and repeat. 5. Repeat the sequence with your opposite arm. <p>MUSCLE COLOR CODE</p> <ul style="list-style-type: none"> DELTOIDS TRICEPS BICEPS ANTERIOR TRAPZIUS <p>◆ Perform each exercise with a slow and steady movement. ◆ Do not use jerky or bounce the weight. ◆ Do not use your sitting posture and your upright sitting or standing posture. ◆ If you are beginning a weight training program, use 2.5 sets of 12-15 repetitions. ◆ Do your strength best because consistently working with less weight will not produce the same benefits as working with the maximum and volume of the load.</p> <p>www.algra.com</p> |