

Shoulders and Arms Program

Definitions & Abbreviations:

Reps = the number of repetitions/repeats of a given exercise

Sets = a cluster of reps performed in sequence without rest

es = **e**ach **s**ide – exercises with this abbreviation require both sides to be worked (e.g. Cable Tricep Kickbacks (B:2)).

Program Walkthrough:

Here is how to complete the program and exercises in sequence:

Perform exercise A:1 (Seated Dumbbell Shoulder Press - unsupported) for 8 reps. Rest 10 seconds.

Perform exercise A:2 (Bent-over Dumbbell Reverse Flies) for 12 reps. Rest 10 seconds

Perform exercise A:3 (Bent-arm Dumbbell Lateral Raises) for 12 reps. Rest 10 seconds (or 60 secs if no A:4 exercise is performed)

Perform exercise A:4 (Barbell Front Raises) for 12 reps. Rest 60 seconds.

Repeat the circuit A:1 to A:4 an additional 2 times for a total of 3 sets of each exercise. Once all 3 sets have been completed for the 'A' exercises, move onto the 'B' exercises and complete in similar fashion.

In order to select the correct load for each exercise in the program, let the reps dictate the weight used for each exercise - i.e. if the exercise has 12 reps prescribed for the session, choose a weight that you will get close to 12 reps with on each set. If you can only complete 9 reps and 12 reps are prescribed, the weight is too heavy. If you can complete 15 reps and 12 reps are prescribed, the weight is too light. You may fall within 1-2 reps on your target rep prescription on your last set of a given exercise - this is fine. Aim to get as many reps as you can for a given weight on a given exercise whilst using full range of motion and without any exercise technique breakdown. The aim is to increase your total workload for a given exercise each session. Even if this is only equates to 1-2 reps more for an exercise each session, this will add up to significant gains over time. If you do not reach (or even exceed) a target rep prescription, make sure you write this on your program sheet and aim to beat this total number of reps for the given exercise in the subsequent session. A practical example of this is provided below:

The Shoulders & Arms Program

Phase 1:

Circuit	Exercise	Set	Session 1			Session 2			Session 3		
			Reps	Load	Rest	Reps	Load	Rest	Reps	Load	Rest
A.1	Seated Dumbbell Shoulder Press <i>unsupported</i>	1	8	20	10sec	9	20	10sec	10	20	10sec
		2	8	11	10sec	9	11	10sec	10	11	10sec
		3	9	11	10sec	9	11	10sec	9	11	10sec
A.2	Bent-over Dumbbell Reverse Flies	1	12	9	10sec	13	9	10sec	14	9	10sec
		2	12	11	10sec	13	11	10sec	14	11	10sec
		3	12	11	10sec	13	11	10sec	14	11	10sec
A.3	Bent-arm Dumbbell Lateral Raise	1	12	7	10sec	13	7	10sec	14	7	10sec
		2	12	11	10sec	13	11	10sec	14	11	10sec
		3	12	11	10sec	13	11	10sec	13	11	10sec
A.4	Dumbbell Front Raises	1	12	7	10sec	13	7	10sec	14	7	10sec
		2	12	11	10sec	13	11	10sec	13	11	10sec
		3	13	11	60s	13	11	60s	13	11	60s
B.1	Alternating Dumbbell Incline Curls	1	8es	8	10sec	9es	8	10sec	10es	8	10sec
		2	8es	11	10sec	9es	11	10sec	10es	11	10sec
		3	8es	11	10sec	9es	11	10sec	10es	11	10sec
B.2	Cable Tricep Kickbacks	1	8es	10	10sec	9es	10	10sec	10es	10	10sec
		2	8es	11	10sec	9es	11	10sec	10es	11	10sec
		3	9es	11	120s	9es	11	120s	9es	11	120s
C.1	Reverse Grip EZ Bar Drag Curls	1	8	25	10sec	9	25	10sec	10	25	10sec
		2	8	11	10sec	9	11	10sec	9	11	10sec
		3	8	11	10sec	9	11	10sec	9	11	10sec
C.2	High Pulley Tricep Pushdown - straight bar	1	8	60	10sec	9	60	10sec	10	60	10sec
		2	8	11	10sec	9	11	10sec	10	11	10sec
		3	9	11	120s	10	11	120s	11	11	10sec
D	No Money's - resistance band	1	8	-	10sec	9	-	10sec	10	-	10sec
		2	8	-	10sec	9	-	10sec	9	-	10sec
		3	8	-	150s	8	-	150s	9	-	120s

After the first workout you should get the feel for which loads are best to go forward with for each exercise in the remaining sessions.

Shoulders & Arms Program

Phase 1:

Circuit	Exercise	Set	Session 1				Session 2			Session 3		
			Reps	Load	Rest	Reps	Load	Rest	Reps	Load	Rest	
A:1	Seated Dumbbell Shoulder Press - unsupported	1	10		10sec	11		10sec	12		10sec	
		2	10		10sec	11		10sec	12		10sec	
		3	10		10sec	11		10sec	12		10sec	
A:2	Bent-over Dumbbell Reverse Flies	1	16		10sec	17		10sec	18		10sec	
		2	16		10sec	17		10sec	18		10sec	
		3	16		10sec	17		10sec	18		10sec	
A:3	Bent-arm Dumbbell Lateral Raises	1	16		10sec	17		10sec	18		10sec	
		2	16		10sec	17		10sec	18		10sec	
		3	16		10sec	17		10sec	18		10sec	
A:4	Barbell Front Raises	1	16		60sec	17		60sec	18		60sec	
		2	16		60sec	17		60sec	18		60sec	
		3	16		60sec	17		60sec	18		60sec	
B:1	Alternating Dumbbell Incline Curls	1	10es		10sec	11es		10sec	12es		10sec	
		2	10es		10sec	11es		10sec	12es		10sec	
		3	10es		10sec	11es		10sec	12es		10sec	
B:2	Cable Tricep Kickbacks	1	10es		120s	11es		120s	12es		120s	
		2	10es		120s	11es		120s	12es		120s	
		3	10es		120s	11es		120s	12es		120s	
C:1	Reverse Grip EZ Bar Drag Curls	1	10		10sec	11		10sec	12		10sec	
		2	10		10sec	11		10sec	12		10sec	
		3	10		10sec	11		10sec	12		10sec	
C:2	High Pulley Tricep Pushdown – straight bar	1	10		120s	11		120s	12		120s	
		2	10		120s	11		120s	12		120s	
		3	10		120s	11		120s	12		120s	
D	No Money's - resistance band	1	16		150s	17		150s	18		150s	
		2	16		150s	17		150s	18		150s	
		3	16			17			18			



Seated Dumbbell Shoulder Press – Unsupported

Sit as tall as possible with dumbbells above the shoulders and in alignment with the ears. Whilst keeping elbows under wrists, drive the weight vertically overhead until the elbows are fully extended. Under control, lower the weights down to the starting position to complete the movement.



Bent-Over Dumbbell Reverse Flies

With slightly bent elbows, arc the arms towards the ceiling until they're just passed a parallel position to floor. Lower the dumbbells back to starting position. The torso should remain fixed & horizontal the whole time while the thumb & pinkie remain horizontal throughout the entire lift.



Bent-arm Dumbbell Lateral Raise

Maintain a 90° bend in the elbows and a slightly bent-over posture throughout the lift. With a thumb-up grip, drive the elbows towards the ceiling until they are level with the shoulders. Lower the weights back to the starting position.



Barbell Front Raises

Grasp the barbell with an overhand grip. Stand tall and with straight arms, raise the barbell until both arms are level with the shoulders. Lower the barbell back to starting position with control.



Alternating Dumbbell Incline Curls

Lay back on an incline bench set 30-45 degrees. With a palm-up grip, start with the dumbbells & arms hanging straight down. Bending at the elbows (not shoulders), curl the weight up, aiming for biceps to touch forearms. Lower the weights to starting position.



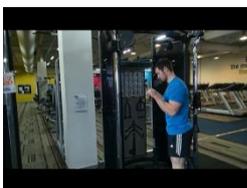
Cable Tricep Kickbacks

Begin with & maintain a horizontal torso during the entire exercise. Grasp a cable with a neutral grip and extend the forearm back until the arm is straight, being careful to move only at the elbow joint (not shoulder).



Reverse Grip EZ Bar Drag Curls

Grasp an EZ Bar with an overhand, shoulder width grip (thumbs should be higher than pinkies on bar). Keeping the bar against the body the entire exercise, drag the weight up to maximum elbow flexion and back down to start position.



High-pulley Tricep Pushdowns – straight bar

Maintaining an erect posture the entire exercise, grasp the bar with an overhand grip at full elbow flexion. Keeping the elbows tucked into your sides, push the arms down to straight without moving the torso or upper arms. Return to start position under control.



No Money's – resistance band

Grasp a resistance band with a palms up grip. With your elbows locked firmly into your sides, pull the resistance band apart by rotating the upper arm externally. Pull apart the band until a 45° end position is achieved with each forearm relative to the torso.