

Shoulders & Arms Program

Phase 5:

Circuit	Exercise	Set	Session 1			Session 2			Session 3		
			Reps	Load	Rest	Reps	Load	Rest	Reps	Load	Rest
A:1	Seated Alternating Dumbbell	1	8es		10sec	9es		10sec	10es		10sec
	Shoulder Press - unsupported	2	8es		10sec	9es		10sec	10es		10sec
		3	8es		10sec	9es		10sec	10es		10sec
A:2	Bent-over Single Arm Dumbbell	1	12es		10sec	13es		10sec	14es		10sec
	Reverse Flies	2	12es		10sec	13es		10sec	14es		10sec
		3	12es		10sec	13es		10sec	14es		10sec
A:3	Lean Away Dumbbell Lateral	1	12es		10sec	13es		10sec	14es		10sec
	Raises	2	12es		10sec	13es		10sec	14es		10sec
		3	12es		10sec	13es		10sec	14es		10sec
A:4	Standing Alternating Dumbbell	1	12es		60sec	13es		60sec	14es		60sec
	Front Raises	2	12es		60sec	13es		60sec	14es		60sec
		3	12es		60sec	13es		60sec	14es		60sec
B:1	90° Preacher Single Arm	1	8es		10sec	9es		10sec	10es		10sec
	Dumbbell Hammer Curls	2	8es		10sec	9es		10sec	10es		10sec
		3	8es		10sec	9es		10sec	10es		10sec
B:2	Lying Cable Low-pulley Single	1	8es		120s	9es		120s	10es		120s
	Arm Tricep Extension - neutral	2	8es		120s	9es		120s	10es		120s
	grip	3	8es		120s	9es		120s	10es		120s
C:1	Preacher Barbell Curls -	1	8		10sec	9		10sec	10		10sec
	straight bar	2	8		10sec	9		10sec	10		10sec
		3	8		10sec	9		10sec	10		10sec
C:2	Lying Dumbbell Tricep	1	8		120s	9		120s	10		120s
	Extensions	2	8		120s	9		120s	10		120s
		3	8		120s	9		120s	10		120s
D	Single Arm Sagittal Cable	1	12es		150s	13es		150s	14es		150s
	External Rotation	2	12es		150s	13es		150s	14es		150s
		3	12es			13es			14es		



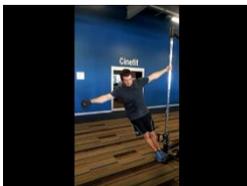
Seated Alternating Dumbbell Shoulder Press – unsupported

Sit as tall as possible with dumbbells above the shoulders and in alignment with the ears. Keep elbows under wrists and drive the weight vertically overhead on one side until the elbow is fully extended. Under control, lower the weight down to the starting position then repeat on the opposite side.



Bent-over Single Arm Dumbbell Reverse Flies

With a dumbbell in one hand, slightly bend the elbow & arc the arm towards the ceiling until it's just passed a parallel position to floor. Lower the weight back to the starting position under control. The torso should remain fixed & horizontal throughout the whole movement.



Lean Away Dumbbell Lateral Raises

Hold onto a pole at shoulder height with one arm & hold onto a dumbbell with the other. With both feet at base of pole, lean away to form a diagonal angle with your body. Keeping both arms stiff, proceed to raise the working arm up until it is close to alignment with the opposing arm. Return to starting position under control.



Standing Alternating Dumbbell Front Raises

Standing tall with straight arms. Raise one dumbbell until it is level with the shoulders. The thumb & pinkie should remain the same height throughout the entire lift & resemble a hand position as if pouring water from a pitcher. Lower the dumbbell back to starting position & repeat on the opposing side.



90° Preacher Single Arm Dumbbell Hammer Curls

With a 90 degree bench angle, hang the working arm straight down to the floor. Bending only at the elbow joint, proceed to raise the weight up with a thumb-up grip until the forearms and biceps come into contact. Lower weight back to starting position under control.



Lying Cable Low-pulley Single Arm Tricep Extension – neutral grip

Lay flat on your back & grasp a low cable with a neutral grip. With the hand directly above your working shoulder, proceed to lower the weight by bending only at the elbow joint until your hand is beside your forehead. Keeping the upper arm vertical and stiff, extend the arm & drive the weight back to the starting position.



Preacher Barbell Curls – straight bar

Grasp a straight bar (Olympic size is preferable) with an underhand grip, slightly outside shoulder width. Curl the barbell up from the straight arm bottom position until the forearm is just off vertical. Lower the weight under control to the bottom position & repeat. Ensure elbows do not 'flare out' on the preacher bench.



Lying Dumbbell Tricep Extensions

Lay flat on your back & grasp the dumbbells with a neutral grip. With the hands directly above your shoulders, proceed to lower the weights by bending only at the elbow joint until the dumbbells are beside your forehead. Keeping the upper arms vertical, extend the arms & drive the weight back to the starting position.



Single Arm Sagittal Cable External Rotation

Stand Perpendicular to the cable stack with the cable set at elbow height or slightly lower. Grab the cable with arm farthest from the weight stack and keep the elbow of this working arm bent at 90' and tucked into your side throughout the whole exercise. Now rotate the upper arm between 45' and 135' of rotation under complete control.