

# Shoulders & Arms Program

## Phase 2:

Circuit	Exercise	Set	Reps	Session 1		Session 2		Session 3			
				Load	Rest	Reps	Load	Rest	Reps	Load	Rest
A:1	<b>Standing Dumbbell Shoulder Press</b>	1	10		10sec	11		10sec	12		10sec
		2	10		10sec	11		10sec	12		10sec
		3	10		10sec	11		10sec	12		10sec
A:2	<b>Cable Single Arm Bent-over Reverse Flies</b>	1	16es		10sec	17es		10sec	18es		10sec
		2	16es		10sec	17es		10sec	18es		10sec
		3	16es		10sec	17es		10sec	18es		10sec
A:3	<b>Cable Single Arm Lateral Raise - to front</b>	1	16es		10sec	17es		10sec	18es		10sec
		2	16es		10sec	17es		10sec	18es		10sec
		3	16es		10sec	17es		10sec	18es		10sec
A:4	<b>Pull-Through Cable Front Raises - straight bar</b>	1	16		60sec	17		60sec	18		60sec
		2	16		60sec	17		60sec	18		60sec
		3	16		60sec	17		60sec	18		60sec
B:1	<b>Standing Rear Cable Curls - dual handle</b>	1	10		10sec	11		10sec	12		10sec
		2	10		10sec	11		10sec	12		10sec
		3	10		10sec	11		10sec	12		10sec
B:2	<b>Standing Cable High-pulley Single Arm Tricep Pushdowns - neutral grip</b>	1	10es		120s	11es		120s	12es		120s
		2	10es		120s	11es		120s	12es		120s
		3	10es		120s	11es		120s	12es		120s
C:1	<b>Alternating Incline Dumbbell Hammer Curls</b>	1	10		10sec	11		10sec	12		10sec
		2	10		10sec	11		10sec	12		10sec
		3	10		10sec	11		10sec	12		10sec
C:2	<b>Standing Mid-pulley Tricep Pushdowns - straight bar, overhand grip</b>	1	10		120s	11		120s	12		120s
		2	10		120s	11		120s	12		120s
		3	10		120s	11		120s	12		120s
D	<b>Barbell Cuban Press</b>	1	16		150s	17		150s	18		150s
		2	16		150s	17		150s	18		150s
		3	16			17			18		



### **Standing Dumbbell Shoulder Press**

Stand 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.



### **Cable Single Arm Bent-Over Reverse Flies**

Grasp a single cable attachment with 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.



### **Cable Single Arm Lateral Raise – to front**

Standing perpendicular to a cable stack, grasp a low-pulley cable with one hand. Keeping the arm stiff (with a slight bend in the elbow), proceed to raise the working arm from in front of the body up until the wrist and upper arm is parallel to the floor. Lower the weight back to the starting position under control.



### **Pull-Through Cable Front Raises – straight bar**

Grasp a low-cable bar attachment with an overhand grip (the cable should be behind you and coming in between your legs). Stand tall and with straight arms, raise the bar until both arms are level with the shoulders. Lower the bar back to starting position with control.



### **Standing Rear Cable Curls – dual handle**

Grasp two low-pulley cables with a palm-up grip. Move in front of the cable attachments so that these are behind you and your arms are angled back. Using only movement at the elbow, proceed to curl the weight up evenly on both sides and then lower them both back under control to the starting position.



### **Standing Cable High-pulley Single Arm Tricep Pushdowns – neutral grip**

Grasp a high-cable hand attachment with a thumb up grip. Keeping the elbow locked into your side, extend the forearm down until the arm is straight using only movement at the elbow joint. Reverse the movement under control back to the starting position.



### **Alternating Incline Dumbbell Hammer Curls**

Lay back on an incline bench set 30-45 degrees. With a hammer grip, start with the dumbbells & arms hanging straight down. Bend at the elbows (not shoulders), and curl the weight up one arm at a time until the biceps touch the forearms. Lower the weights back to the starting position under control.



### **Standing Mid-pulley Tricep Pushdowns – straight bar, overhand grip**

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



### **Barbell Cuban Press**

Hold a barbell with a palms down grip in front of the body, upper arms parallel to the floor. There should be right angles in the elbows & shoulders. Rotating just the upper arms, proceed to arc the barbell until it has moved 180° and is in front of the forehead. Press the bar overhead and then reverse the whole movement back to the starting position.