

Shoulders & Arms Program

Phase 4:

Circuit	Exercise	Set	Session 1			Session 2			Session 3		
			Reps	Load	Rest	Reps	Load	Rest	Reps	Load	Rest
A:1	Standing Single Arm Dumbbell Shoulder Press	1	9es		10sec	10es		10sec	11es		10sec
		2	9es		10sec	10es		10sec	11es		10sec
		3	9es		10sec	10es		10sec	11es		10sec
A:2	Cable Rear Delt Row	1	14		10sec	15		10sec	16		10sec
		2	14		10sec	15		10sec	16		10sec
		3	14		10sec	15		10sec	16		10sec
A:3	Cable Single Arm Lateral Raise - to rear	1	14es		10sec	15es		10sec	16es		10sec
		2	14es		10sec	15es		10sec	16es		10sec
		3	14es		10sec	15es		10sec	16es		10sec
A:4	Cable Single Arm Bent-over Front Raises	1	14es		60sec	15es		60sec	16es		60sec
		2	14es		60sec	15es		60sec	16es		60sec
		3	14es		60sec	15es		60sec	16es		60sec
B:1	Barbell Curls	1	9		10sec	10		10sec	11		10sec
		2	9		10sec	10		10sec	11		10sec
		3	9		10sec	10		10sec	11		10sec
B:2	Standing Cable Low-pulley French Press - straight bar	1	9		120s	10		120s	11		120s
		2	9		120s	10		120s	11		120s
		3	9		120s	10		120s	11		120s
C:1	Cross-body Single Arm Dumbbell Hammer Curls	1	9es		10sec	10es		10sec	11es		10sec
		2	9es		10sec	10es		10sec	11es		10sec
		3	9es		10sec	10es		10sec	11es		10sec
C:2	Seated Lean-away Single Arm Dumbbell French Press	1	9es		120s	10es		120s	11es		120s
		2	9es		120s	10es		120s	11es		120s
		3	9es		120s	10es		120s	11es		120s
D	Shoulder Horn Dumbbell External Rotation	1	14es		150s	15es		150s	16es		150s
		2	14es		150s	15es		150s	16es		150s
		3	14es			15es			16es		



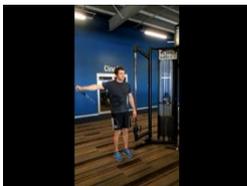
Standing Single Arm Dumbbell Shoulder Press

Stand tall with the dumbbell above your shoulder & in alignment with the ears. Whilst keeping elbow under wrist, drive the weight vertically overhead until the elbow is fully extended. Lower the weight back to the starting position. Brace the core & don't let the torso move sideways throughout the entire exercise.



Cable Rear Delt Row

Ensure the cable is positioned at sternum height. Grasp a rope cable attachment with an overhand grip and pull the middle of the rope to your sternum. Keep the upper arms parallel with the floor throughout the entire exercise and ensure the weight is off the stack the whole time.



Cable Single Arm Lateral Raise – to rear

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 behind the body up until the wrist and upper arm is parallel to the floor. Lower the weight back to the starting position under control.



Cable Single Arm Bent-over Front Raises

Bend at the hips until you have a 45 degree torso angle. Grasp a low-cable with one hand and an overhand grip (the cable and working arm should be behind you). With a straight arm, raise the cable until your arm is level with the shoulders. Lower the weight back to starting position with control.



Barbell Curls

Keeping your elbows tucked into your sides grasp a barbell with a palms-up grip. Stand tall and curl the barbell by bending at the elbows. Raise the barbell until the forearms and biceps come into contact. Lower the weight back to the starting position under control. Ensure you do not cheat by swaying at the lower back during the exercise.



Standing Cable Low-pulley French Press - straight bar

Grasp the bar attachment with an overhand grip at the base of the head. Keeping the upper arms vertical and stiff, proceed to extend the elbows and drive the weight up until the arms are straight overhead. Lower the bar back to the starting position. Ensure the elbows do not 'wing' outwards during the exercise.



Cross-body Single Arm Dumbbell Hammer Curls

Hold the dumbbell by your side with a hammer grip. Curl the dumbbell up and diagonally across the front of the body by bending at the elbow and slightly flexing at the shoulder. Raise the weight up until biceps touch the forearm. Lower the weights back to the starting position under control.



Seated Lean-away Single Arm Dumbbell French Press

Sitting on the edge of a bench, lay sideways 45' and support yourself with the non-working arm. Keep the working arm straight above your head the entire exercise and lower the weight down towards the base of the head. Extend the elbow from the bottom position and drive the weight back up to the starting position.



Shoulder Horn Dumbbell External Rotation

On your working side, place the elbow on top of a bent knee so that the upper arm is roughly parallel to the floor. With a 90' elbow bend & under careful control, proceed to rotate on the axis of the upper arm until the forearm is parallel to the floor. Drive the weight back up to the starting position under careful control.