

This guided workout is designed to target a specific goal/muscle group.

Please ensure that you always train within your capabilities and ask one of our Fitness Consultants if you need technique advice on any of the exercises below. Once you have finished your session, please return this card ready for the next user.

Exercises

Military press

Sets: 3 Reps: 10-12 60 sec rest

Side lateral raise

Sets: 3 Reps: 10-12 60 sec rest

Reverse dumbbell fly

Sets: 3 Reps: 10-12 60 sec rest

Barbell shrugs

Sets: 3 Reps: 10-12 60 sec rest



SHOULDERS

FOCUS WORKOUTS

Wiltshire Council

Exercises Descriptions

Military press

- Stand with bar bell raised at shoulder height.
- Grip the bar with palm of hands facing forward, just outside the shoulders.
- Extend arms overhead while maintaining a straight back.



Side lateral raise

- Stand with dumbbells held next to hips.
- Maintain straight arms while raising the dumbbells sideways to shoulder height.
- Maintain upright position and do not lean back.



Reverse dumbbell fly

- Tip forward from the hip with straight back and dumbbells hanging beneath shoulders.
- Maintain tipped position whilst rising arms sideways to shoulder height.
- Pinch shoulder blades together at top.



Barbell shrugs

- Stand with barbell at hip height.
- Grip the bar with knuckles facing forward, just outside hips.
- Maintain straight arms while lifting shoulders towards ears.
- Do not allow shoulders to roll forwards.



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