

Muscle Group: Shoulder

Machine Exercise: Machine Shoulder Press



1. Pull out the handle for adjustment of the weight.



2. Pull the handle up to adjust the seat. Raise the seat until the handles are aligned with the shoulders while seated.



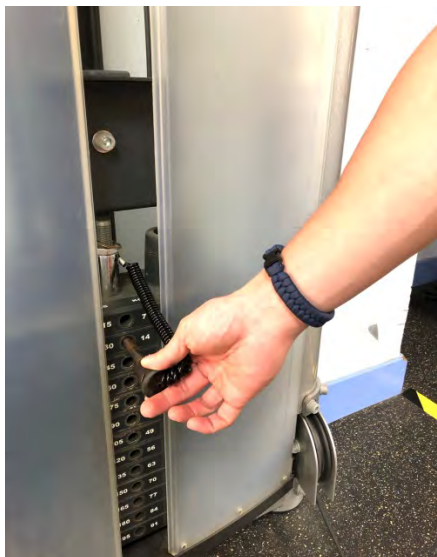
3. Hold the handles with both arms while seated. Keep your back straight



4. Push the handles upwards with both arms. Keep the arms a little bent at the end of the movement, not locking the elbow joints.

Muscle Group: Shoulder

Machine Exercise: Machine Rear delt flye



1. Pull out the handle for adjustment of the weight.



2. While on the machine, internal rotate your arms until your palms facing each other and elbow pointing out. Hold the handles at the shoulder level.



3. In a semicircular motion, pull your hands out to your side and back, contracting your rear deltoid. Keep your arms slightly bent throughout the movement, with all of the motion occurring at the shoulder joint.



4. Pause when you completely contract your rear deltoid and shoulder blade, and slowly return the weight to the starting position.

Muscle Group: Shoulder

Free Weight Exercise: Seated Dumbbell Shoulder Press



1. While holding a dumbbell in each hand, sit on a bench that has back support. Place the dumbbells upright on top of your thighs and raise the dumbbells to shoulder height one at a time using your thighs to help propel them up into position.



2. Make sure to rotate your wrists so that the palms of your hands are facing forward. Forearms should be perpendicular to the floor.



3. Exhale and push the dumbbells upward, don't lock out your elbow. Then, after a brief pause at the top contracted position, slowly lower the weights back down to the starting position while inhaling.



Muscle Group: Shoulder

Free Weight Exercise: Dumbbell Lateral Raise



1. Stand with a straight torso and the dumbbells by your side with the palms of the hand facing you. Maintain the torso in a stationary position (no swinging) when you lift.



2. Lift the dumbbells to your side with a slight bend on the elbow. Continue to go up until your arms are parallel to the floor. Exhale as you execute this movement and lower the dumbbells back down slowly to the starting position as you inhale.