

SHOULDER & BACK WORKOUT

REPS

EXERCISE

15

REAR LATERAL RAISE WITH DB
(TEMPO: 1-3)

15

FLOOR Y RAISE
(TEMPO: 1-3)

15

SUPERMAN BACK EXTENSIONS

4 Sets followed by 5 seconds rest between sets. Limited rest between the sets fatigues lower body muscles quicker

Tempo: Focus on counting tempo each rep as this will hold the muscle under tension longer

Ensure you have a 5 minute warm up and a stretch after your workout!



Rear Lateral Raise with Dumbbell

- Grab dumbbells and bend forward at your hips until your torso is nearly parallel to the floor
- Let the dumbbells hang straight down from your shoulders, your palms facing each other
- Without moving your torso, raise your arms straight out to your sides until they're in line with your body
- Pause then slowly return to the starting position



Floor Y Raise

- Lie face down on the floor
- Allow your arms to rest on the floor, completely straight and at a 30 degree angle to your body, your palms facing each other
- Raise your arms as high as you can
- Pause then slowly lower back to the starting position



Superman Back Extension

- Start with knees and palms on floor
- Alternate extension of right arm with left leg and then the reverse
- Ensure on each side that you hold the extension of each arm and leg so you feel the tension in your upper back and glutes.