

RESET!

Workout of the Day



Shoulders – Level 1

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*Equipment needed: dumbbells or resistance band/tubing (optional: sturdy armless chair)

*Complete 3 sets of 8-10 reps (repetitions)

SHOULDERS -

- **Front Raises** - stand with soft knees, alternating arms (L and R are one rep)
- **Lateral raises** - stand with soft knees, completing reps on one arm before switching (Modified: Chicken wings, both arms together)
- **Shoulder Press** - stand with soft knees (Modified: seated, alternate arms, L and R are one rep)
- **Horizontal Pulls** - stand with soft knees, using resistance band
- **Punches** - stand with soft knees, alternating arms (Modified: seated)
- **Shrugs**