

RESET!

Workout of the Day



Shoulders – Level 2

by Erika Helwig, Bob Hoffman YMCA

*Equipment needed: dumbbells or resistance band/tubing

*Complete 4 sets of 10-12 reps (repetitions)

*Options are progressive

SHOULDERS -

- **Front raises** - Stand with soft knees, complete one set on one arm then move to other arm (Option: Resistance band)
- **Lateral raises** - Stand with soft knees, complete one set on one arm then move to other arm (Option: Resistance band)
- **Rear deltoid flyes** - Knees slightly bent, hinge at hips, flat back with neutral spine, arms straight
- **Upright rows** - Stand with soft knees (Option: Resistance band)
- **Bent-Over Arcs** - Knees slightly bent, hinge at hips, flat back with neutral spine, long arms with palms facing forward. Long sweeping arc motion up, then return to starting position.
- **Shrugs**