

Shoulders

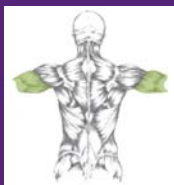
Dumbbell Shoulder Press

Furman University
Greenville, SC

Deltoids
(Shoulders)



Triceps



Select dumbbells. Stand with feet hip distance apart or with staggered feet. Alternatively, this exercise can be performed in a seated position with a back support. Place the dumbbells in line with your chin and turn your palms to face forward. Keep your knees slightly bent and your tailbone tucked under to minimize the curve of your lower back.

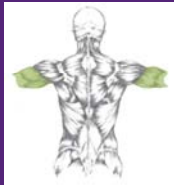
Exhale and press the dumbbells over your shoulders. Straighten but do not lock your elbows. Inhale and slowly return the dumbbells back to their starting position.

Dumbbell Shoulder Press

Deltoids
(Shoulders)



Triceps



Select dumbbells. Sit on the seat with your back against the back rest. Place the dumbbells in line with your chin and turn your palms to face forward. Tuck your tailbone under slightly to minimize the curve of your lower back.



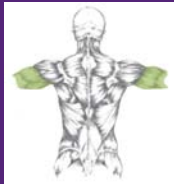
Exhale and press the dumbbells over your shoulders. Straighten but do not lock your elbows. Inhale and slowly return the dumbbells back to their starting position.

Med-X Shoulder Press

Deltoids
(Shoulders)



Triceps



Sit on the seat with your back against the back rest. Adjust the seat height so the handlebars are in line with your shoulders. Tuck your tailbone under slightly and cross your ankles to minimize the curve of your lower back. Select weight.



Exhale and press the handlebars over your shoulders. Straighten but do not lock your elbows. Inhale and slowly return the handlebars back to their starting position. Notice that the double weight stack allows for small adjustments in weight increments.

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Greenville, SC

Trotter Shoulder Press

Deltoids
(Shoulders)



Triceps



Sit on the seat with your back against the back rest. Adjust the seat height so the handlebars are in line with your shoulders. Tuck your tailbone under slightly to minimize the curve of your lower back. Select weight.

Exhale and press the handlebars over your shoulders. Straighten but do not lock your elbows. Inhale and slowly return the handlebars back to their starting position.

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Dumbbell Lateral Raise

Lateral Deltoids
(Shoulders)

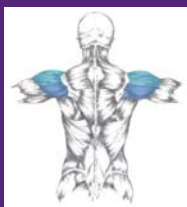


Select dumbbells. Stand with feet hip distance apart and knees slightly bent. Place your hands by your sides with your palms turned inward.

Exhale and lift the dumbbells to shoulder level. Keep your palms facing down and your elbows straight but not locked. Inhale and slowly return the dumbbells back to their starting position.

Dumbbell Reverse Fly

Rear Deltoid



Select dumbbells. Bend your knees and hinge forward from your hips with a flat back. Dangle your arms toward the floor.



Exhale and lift the dumbbells to your sides at shoulder level. Lead with your elbows. Feel the contraction in the back of your shoulders and in between your shoulder blades. Keep your palms facing downward and your elbows slightly bent. Inhale and slowly return the weight back to the starting position.