

Short & Sweet Shoulder Routine



With dumbbells by your sides, keep your shoulders down and back, and pull your elbows straight up keeping your wrists neutral and below your shoulders. Pull your elbows up to shoulder height and slowly return to the start position.

upright row



With dumbbells in your hands in front of your collarbone, press up as you rotate your arms back to a standard shoulder press! Slowly lower the weight back down to the starting position.

arnold press



Hold your dumbbells extended out at your sides and slowly lower one dumbbell to your hip keeping your core tight! Bring that back up and lower the opposite arm, repeating on alternating sides!

alternating lateral raise

