



HOT TIP: FORM IS EVERYTHING

Avoid injury and give your upper bod some major love with these pointers:

1. Start with lighter weights for lateral and front raises to prevent overworking your deltoids.
2. In almost every move, we want you to maintain a slight bend in your elbow. This is really important to prevent any injury to your shoulders and neck!

Go through the entire routine 2-3 times a few times a week for maximum upper back toning!



MOVE 1
LATERAL RAISES

Tones your deltoids and traps!

Begin with a dumbbell in each hand, arms by your side and a slight bend at the elbow. Keep your shoulders down as you raise your arms directly out to the side while still maintaining the slight bend at your elbow. Slowly lower back down.

Complete 10-12 reps.



MOVE 2
ROWS

Tones your lats, traps and biceps!

Begin with your feet together, knees slightly bent and upper body hinged slightly forward at the hips while engaging your core. Let your arms hang directly in front of your chest with a dumbbell in each hand. From here, lift the weights up by your chest while pulling your elbows directly behind you. Make sure to keep your arms tucked by your side. Slowly lower back down.

Complete 15 reps.



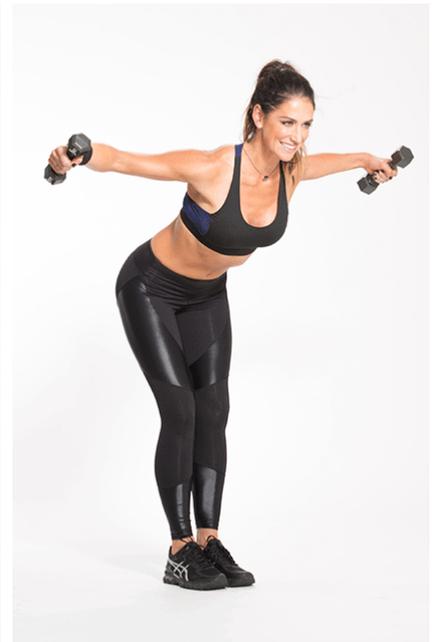
MOVE 3

FRONT RAISES

Tones your deltoids and traps!

Begin with your feet together and arms in front of your body, palms facing down with a dumbbell in each hand. Maintain a slight bend at the elbow as you raise your arms directly in front of you until your arms are parallel with the ground. Slowly lower back down.

Complete 10-12 reps.



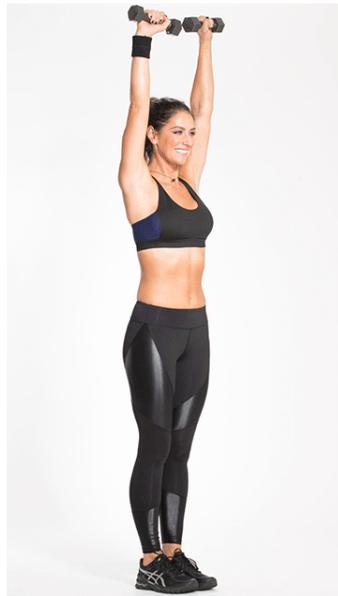
MOVE 4

REVERSE FLYES

Sculpts your deltoid, rhomboid and traps!

Begin with your feet together, a slight bend at your knees and your upper body hinged forward at the hips. Maintain a slight bend at the elbow with your arms directly in front of your chest, palms facing each other and a dumbbell in each hand. Open both arms out to the side until your hands are in line with your shoulders. Slowly lower back to start.

Complete 15 reps



MOVE 5

SHOULDER PRESSES

Sculpts your deltoids, triceps and biceps!

Begin with your feet together, a dumbbell in each hand and your arms raised at a 90 degree angle with your elbows in line with your shoulders. Raise the dumbbells directly above your head. Make sure to keep your shoulders neutral throughout the movement. Slowly lower back down. Complete 15 reps.