

Back & Shoulder Workout

Exercise	Weight? (How much should you lift?*)	Repetitions	Sets	Notes
Warm up				
Lat-Pull down		<i>15-20</i>	<i>3-4</i>	
Seated Row		<i>15-20</i>	<i>3-4</i>	
Upright Row		<i>15-20</i>	<i>3-4</i>	
Bent over Flys(Dumbbells)		<i>15-20</i>	<i>3-4</i>	
**Dumbbell Lateral Raises		15-20	3-4	
**Bent over Rows w/ Barbell		15-20	3-4	

***:** Before you start you need to establish a proper work out weight. An easy way to do this is by finding out how much weight you can lift properly with proper form, for one time or one repetition. Once you find this weight, divide it by 2 and this will be your starting weight, until you progress after about 3 to four weeks.

****:** Once you feel comfortable and ready to add these exercises to your routine. Listen to your body, it will guide you and let you know when it needs rest and when it is ready to handle a more rigorous workout routine.

The shoulders are the most complex part of the body, because of its wide range of mobility. Because of this, they can be easily damaged. This is another reason to start with relatively light weight.

Warm Up: Hold your arms out to the side parallel to the ground and small and large arm rotations. At a moderate pace, rotate to the front for 30-60 seconds and rotate to the rear. This will get the blood and synovial fluid coursing through that area of the body.

If you need instructions on each exercise please see my instructional page of all exercises.