

The Fabulous Six Shoulder Exercises

Please remember, the key to each of these maneuvers is to avoid letting the elbows leave the side of the body (abduction) when doing resistive exercises.

Safe Shoulder Exercises – THE DO's

1. Seated Row



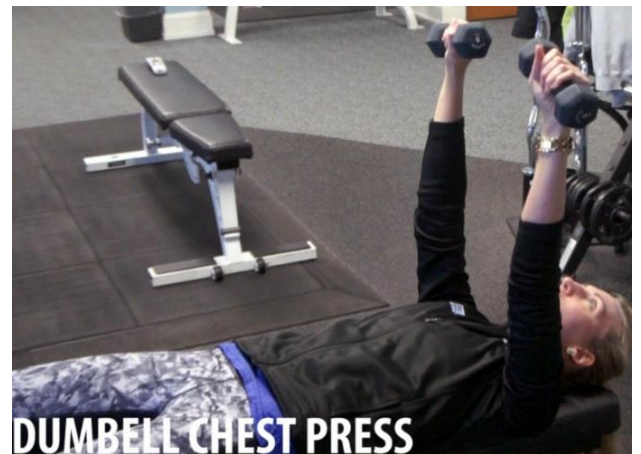
Grasp bars straight in front of you, pull straight back keeping elbows in close to your sides, pause and slowly return weight to starting position

2. Close Grip Cable Pull Down



Grasp cables with palms facing each other, Pull down and back keeping elbows in close to your sides, pause at the end of the motion, slowly return weight back to starting position
Do not shrug shoulders up toward ear.

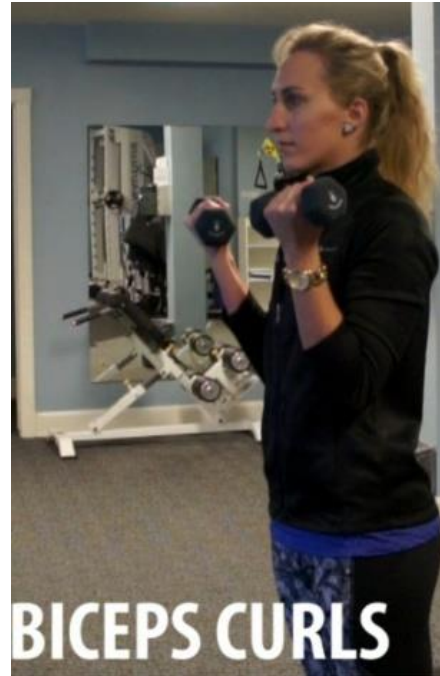
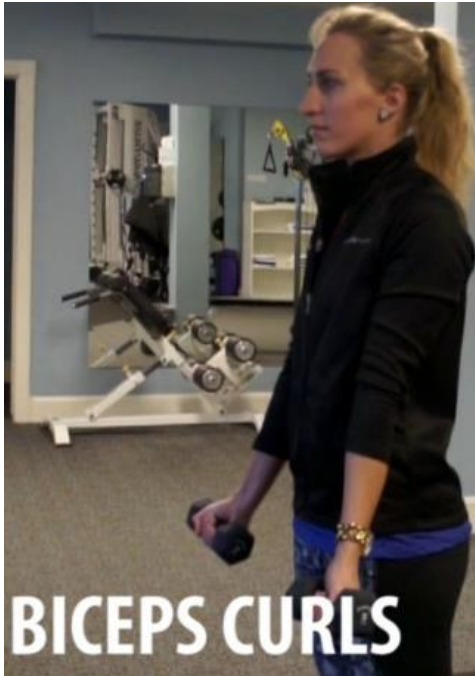
3. Laying Dumbbell Chest Press



(This exercise can also be done laying on the floor, with knees bent, feet flat on the floor.)

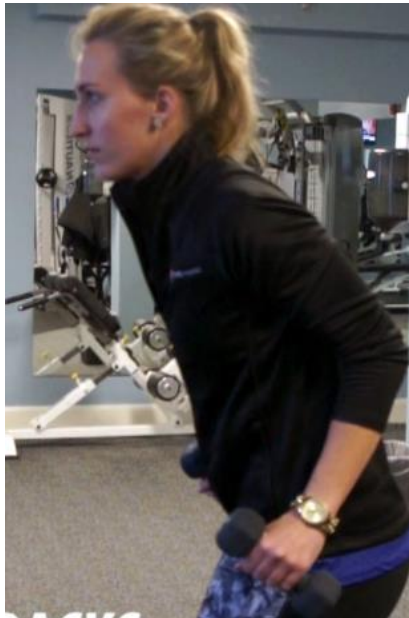
Start with weight in front of shoulders, palms facing away from you, do NOT let elbows dip below chest level, extend arms straight up pushing weight toward ceiling, slowly bring weight back down to starting position.

4. Standing Biceps Curls



Start with weight in hands, arms extended down, palms facing forward, keeping elbows tucked into your side pull the weight straight up in front of you until it is at shoulder height, slowly return weight down to starting position. Keep elbows toward the front of your rib cage.

5a. Triceps Kickback



Bend slightly at knees and waist, start with weight at your hips, arms bent at the elbows, palms facing in toward your body, extend weight straight back

- Do NOT shrug shoulders (shoulders should stay still for duration of exercise, only moving the elbow joint)
- Do NOT bring weight in front of you past hips

5b. Triceps Pull Downs



Start with rope in hands at chest height, palms facing each other Keeping elbows tucked in to your sides pull rope straight down, slowly return to starting position.

- Do NOT swing shoulders, only elbow joint should move

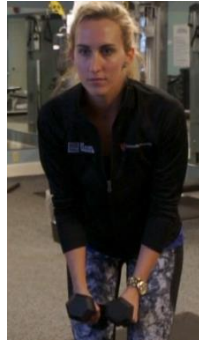
6. Shoulder Shrug



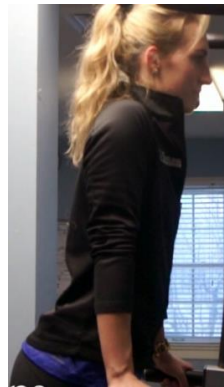
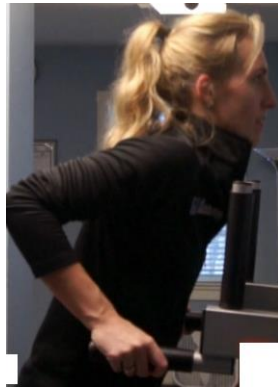
Start with arms extended down at your sides, palms facing in. Pull shoulders straight up toward your ear. Slowly return weight down to starting position.

Shoulder Exercises to Avoid – THE DON'TS

✗ Deltoid Flies



✗ Shoulder Dips



✗ Chest Flies



✗ Upright Rows

