

! Most important!

"Breathe out,
Breathe in"

* Shoulders

- Keep back straight
 - keep At a Constant Pace
 - Pause at top of rep!
- 3 sets of each ① ② ③

- 2nd second ① Front
- 3rd Third ② side
- 1st First ③ Rear

- 1 → 10 repetitions a set
- ① 30 total for Front
- ② 30 total for Side
- ③ 30 total for Rear

Time
15 min.
to
30 min.

Strict
Form!

① Front

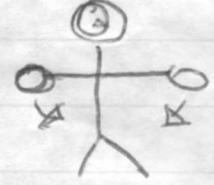
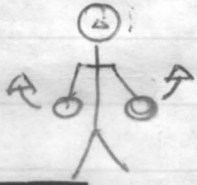
start

finish



PAUSE
10 times
(10x)

② side

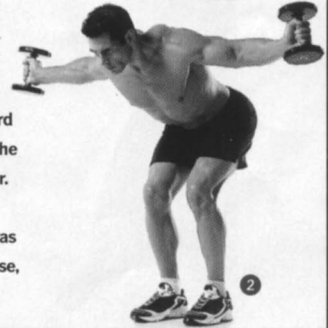


FIT TIP

Rear

A Turn for the Better

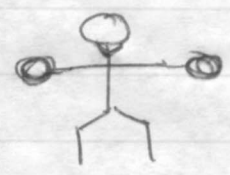
STRONGER SHOULDERS > Insert this twisted version of the rear lateral raise into your workout. Perform the exercise with your palms facing out instead of in toward your body or facing each other, as usual. It'll force your arms to rotate externally—a rare sight in the gym—which helps prevent shoulder imbalances that can cause injuries and poor posture, says Alwyn Cosgrove, C.S.C.S., of Newhall, California. Plus, you'll work your upper back and your rear deltoids—muscle groups that frequently go untrained.



REAR LATERAL RAISE

- 1 Grab a pair of dumbbells and hold them at arm's length in front of your thighs, your palms facing forward (as if ready to curl) and elbows slightly bent. Bend at the hips until your upper body is nearly parallel to the floor. Keep your lower back slightly arched and knees bent.
- 2 Slowly raise the dumbbells out to your sides as high as you can without changing the angle of your elbows. Pause, then lower the weights back to the starting position.

(Bent over) (Bent over)



③

ear ③
se ②

①

Make
It
Fun!