

Shoulder Boulder Workout

"Wake up with determination. Go to bed
with satisfaction"



Thank you for purchasing the Fitfully Chic Shoulder Boulder Workout. Enclosed you will find your workout schedule and exercise guide.

PROGRESSIVE SET: A progressive set is where you pyramid up in weight as you reduce your rep range and then reverse the pyramid to return to your starting weight and rep range. For example: You perform an exercise for 15 reps at 50 lbs., you will now add 2.5-5 lbs. and perform 12 reps, then repeat and add another 2.5-5 lbs. and perform 8 reps. After completing 8 reps at your highest weight you keep the weight the same and perform another 8 reps, then reduce the weight by 2.5-5 lbs. and perform 12 reps, and finally return to your starting weight and perform 15 reps.

SUPER SET: A super set is comprised of 2 exercises A & B performed back to back with no rest for a prescribed rep range. Then taking a 20 – 30 seconds rest before starting the next set. An example of how this technique is executed would be as follows: You choose your starting weight for both exercises and perform exercise A for 15 reps, then immediately perform exercise B for 15 reps. You now take a few seconds to add 2.5-5 lbs. to each exercise and perform 12 reps for exercises A & B and so forth until the prescribed set/rep range is met.

PROGRESSIVE SUPER SET: In a progressive super set you combine both of the above techniques. You perform 2 exercises A & B back to back for each like rep range as you pyramid up in weight 2.5-5 lbs. for each set and then reverse after your lowest rep range until you return to your starting weight.

BURN OUT SET: In a burn out set you are performing a high amount of repetitions, and increasing the weight by 2.5-5 lbs. every 10 reps. The following is an example of how this technique is executed: You choose your starting weight and have a prescribed rep range of 30. Begin the exercise and when you reach 10 reps increase the weight by 2.5-5 lbs. and perform another 10 reps. When you have reached 20 reps once again add 2.5-5 lbs. and perform the final 10 reps. This is one set. Repeat this cycle until you have met the prescribed rep and set range.

SINGLE SET: A single set is comprised of one single exercise performed for a prescribed rep and set range. This is an example of how this type of set is executed. You have one single exercise, perform the movement for the prescribed amount of reps and then rest for 30 seconds before moving on to the next set. Repeat this cycle until you achieve the prescribed rep/set range.

Exercise Guide

STRAIGHT ARM PULL DOWN: 1. You will start by grabbing the wide bar from the top pulley of a pull-down machine and using a wider than shoulder-width pronated (palms down) grip. Step backwards two feet or so. 2. Bend your torso forward at the waist by around 30-degrees with your arms fully extended in front of you and a slight bend at the elbows. If your arms are not fully extended then you need to step a bit more backwards until they are. Once your arms are fully extended and your torso is slightly bent at the waist, tighten the lats and then you are ready to begin. 3. While keeping the arms straight, pull the bar down by contracting the lats until your hands are next to the side of the thighs. Breathe out as you perform this step. 4. While keeping the arms straight, go back to the starting position while breathing in and then repeat.

DUMBBELL SHOULDER PRESS: 1. While holding a dumbbell in each hand, sit on a military press bench or utility bench that has back support. Place the dumbbells upright on top of your thighs. 2. Now raise the dumbbells to shoulder height one at a time using your thighs to help propel them up into position. 3. Make sure to rotate your wrists so that the palms of your hands are facing forward. This is your starting position. 4. Now, exhale and push the dumbbells upward until they touch at the top. 5. Then, after a brief pause at the top contracted position, slowly lower the weights back down to the starting position while inhaling and the repeat.

BARBELL SHRUG: 1. Stand up straight with your feet at shoulder width as you hold a barbell with both hands in front of you using a pronated grip (palms facing the thighs). Tip: Your hands should be a little wider than shoulder width apart. You can use wrist wraps for this

exercise for a better grip. This will be your starting position. 2. Raise your shoulders up as far as you can go as you breathe out and hold the contraction for a second. Tip: Refrain from trying to lift the barbell by using your biceps. 3. Slowly return to the starting position as you breathe in, pause for a second and then repeat.

DUMBBELL FRONT RAISE: 1. Pick a couple of dumbbells and stand with a straight torso and the dumbbells on front of your thighs at arms length with the palms of the hand facing your thighs. This will be your starting position. 2. While maintaining the torso stationary (no swinging), lift the left dumbbell to the front with a slight bend on the elbow and the palms of the hands always facing down. Continue to go up until you arm is slightly above parallel to the floor. Exhale as you execute this portion of the movement and pause for a second at the top. Inhale after the second pause. 3. Now lower the dumbbell back down slowly to the starting position as you simultaneously lift the right dumbbell. 4. Continue alternating in this fashion until you achieve the prescribed amount of repetitions.

BARBELL UPRIGHT ROW: 1. Grasp a barbell with an overhand grip that is slightly less than shoulder width. The bar should be resting on the top of your thighs with your arms extended and a slight bend in your elbows. Your back should also be straight. This will be your starting position. 2. Now exhale and use the sides of your shoulders to lift the bar, raising your elbows up and to the side. Keep the bar close to your body as you raise it. Continue to lift the bar until it nearly touches your chin. Tip: Your elbows should drive the motion, and should always be higher than your forearms. Remember to keep your torso stationary and pause for a second at the top of the movement. 3. Lower the bar back down slowly to the starting position. Inhale as you perform this portion of the movement. Pause for a second and then repeat.

DUMBBELL LATERAL RAISE: 1. Pick a couple of dumbbells and stand with a straight torso and the dumbbells by your side at arms length with the palms of the hand facing you. This will be your starting position. 2. While maintaining the torso in a stationary position (no swinging), lift the dumbbells to your side with a slight bend on the elbow and the hands slightly tilted forward as if pouring water in a glass. Continue to go up until you arms are parallel to the floor. Exhale as you execute this movement and pause for a second at the top. 3. Lower the dumbbells back down slowly to the starting position as you inhale, and then repeat.

REAR DELT RAISE: 1. Keeping your back straight and maintaining the natural arch of your back, lean forward until your torso is parallel to the floor. Let the arms hang in front of you perpendicular to the ground and the palms of your hands should be facing each other. 2. Keeping your torso forward and stationary, and the arms straight with a slight bend at the elbows, lift the dumbbells straight to the side until both arms are parallel to the floor. Exhale as you lift the weights. Caution: avoid swinging the torso or bringing the arms back as opposed to the side. 3. After a one second contraction at the top, slowly lower the dumbbells back to the starting position and then repeat.

SEATED DUMBBELL ARNOLD PRESS: 1. Start seated holding two dumbbells in front of you at about upper chest level with your palms facing your body and your elbows bent. Tip: Your arms should be next to your torso. The starting position should look like the contracted portion of a dumbbell curl. 2. Now to perform the movement, raise the dumbbells as you rotate the palms of your hands until they are facing forward. 3. Continue lifting the dumbbells until your arms are extended above you in straight-arm position. Breathe out as you perform this portion of the movement. 4. After a second pause at the top, begin to lower the dumbbells to the original position by rotating the

of your hands towards you. Tip: The left arm will be rotated in a counter clockwise manner while the right one will be rotated clockwise. Breathe in as you perform this portion of the movement and then repeat.

HALF MOONS: 1. Start with the dumbbells at your side with your palms facing out and feet shoulder width apart 2. While keeping your arms straight and keeping your palms facing out, bring the dumbbells up above your head. 3. Bring your arms back down to starting position and repeat

SIX WAY SHOULDERS: 1. Stand with feet shoulder width apart and dumbbells at your sides with palms facing your body. This will be your start position. 2. Raise the dumbbells straight up parallel to your body and hold at shoulder height for 1 second. 3. Next bringing both dumbbells forward directly in front perpendicular to the body at chest level and hold for 1 second. 4. Then raise dumbbells up directly over shoulders arms in line with your ears, hold for 1 second. 5. Reverse process holding for 1 seconds in each position until you return to the starting position, then repeat for prescribed amount of repetitions.

Are you ready to get started?

REPS

EXERCISE

Progressive Set

15	DB Seated Shoulder Press
12	DB Seated Shoulder Press
10	DB Seated Shoulder Press
8	DB Seated Shoulder Press

Super Set

15	Steering Wheel Reverse Fly
15	Steering Wheel Reverse Fly
15	Steering Wheel Reverse Fly
15	Steering Wheel Reverse Fly

Progressive Set

- 15 Seated Arnold Press
- 12 Seated Arnold Press
- 10 Seated Arnold Press
- 8 Seated Arnold Press

Super Set

- 15 Barbell Upright Row
Barbell Shrug
- 15 Barbell Upright Row
Barbell Shrug
- 15 Barbell Upright Row
Barbell Shrug
- 15 Barbell Upright Row
Barbell Shrug

Progressive Super Set

- 12 Iso Lat Raise, L
Iso Lat Raise, R
- 10 Iso Lat Raise, L
Iso Lat Raise, R
- 8 Iso Lat Raise, L
Iso Lat Raise, R
- 6 Iso Lat Raise, L
Iso Lat Raise, R

Progressive Super Set

- 12 Iso Front Raise, L
Iso Front Raise, R
- 10 Iso Front Raise, L
Iso Front Raise, R

8 Iso Front Raise, L
Iso Front Raise, R

6 Iso Front Raise, L
Iso Front Raise, R

Single Set

12 Straight Arm Pull Down
12 Straight Arm Pull Down
12 Straight Arm Pull Down
12 Straight Arm Pull Down

Single Set

10 Half Moon Raise
10 Half Moon Raise
10 Half Moon Raise
10 Half Moon Raise

Shoulder Burn Out

12 **Six Way Shoulders**

12 **Six Way Shoulders**