Dumbbell Shoulder Workout

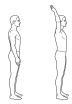
All three parts of the shoulder with a pair of dumbbells, standing: a heavy press, then raises to the side, front and back.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Strength	Upper body	Intermediate	35 min	Dumbbells

WARM UP

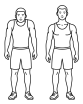
Once through, at an easy pace

Arm Circles



30 s

Shoulder Roll



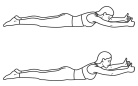
10 reps

Scapular Push-Up



10 reps

Prone Y Raise

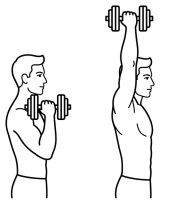


8 reps

MAIN

All sets of a move, then the next

1 Standing Dumbbell Overhead Press

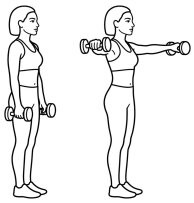


4 × 8-10

rest 90 s

Squeeze the glutes so the back does not arch

2 Dumbbell Lateral Raise

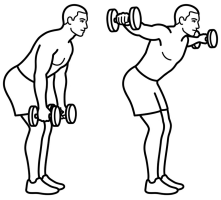


3 × 12

rest 60 s

Light; lift to shoulder height, lead with the elbows

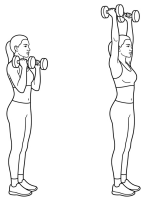
3 Dumbbell Rear Delt Fly



3 × 12

rest 60 s

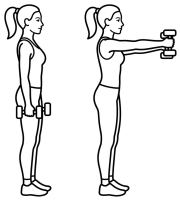
4 Standing Arnold Press



3 × 10

rest 60 s

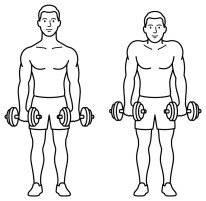
5 Dumbbell Front Raise



2 × 10

rest 45 s

6 Dumbbell Shrug



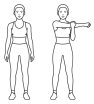
2 × 12

rest 45 s

COOL DOWN

Once through, at an easy pace

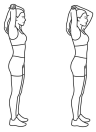
Cross-Body Shoulder Stretch



30 s

each side

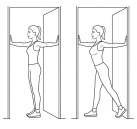
Overhead Triceps Stretch



30 s

each side

Doorway Chest Stretch



45 s