

Try our shoulder workout for women to sculpt sexy shoulders. This shoulder workout is for women and will not add muscle but will tone and shape your shoulders. Make sure you warm up for 5-10 minutes before beginning this workout and that you stretch each muscle group properly as directed. Maintain your pace throughout the entire workout with about 30 seconds rest in between sets.

## **1. CARDIOVASCULAR- WALKING/JOGGING OUTSIDE**

### **Notes:**

Warm up for 1 minutes walking briskly. After 1 minute, jog until you are to you are fatigued. Walk briskly for 1 minute to recover. After 1 minute, continue jogging. Repeat this sequence until you complete 10 minutes.

### **Goal:**

Your goal is to build endurance. Eventually you will be able to jog most or the entire 20 minutes non stop. Every workout you should challenge yourself to jog a longer distance. **THE MORE YOU JOG THE MORE CALORIES YOU BURN.**

## **2. SHOULDER PRESS- MACHINE**

**Reps:** 3 sets of 15

**Execution:** Position body so bar is toward the front of shoulders and sit in good body alignment (abs tight, chest up, back straight). Grip bar (palms forward) so hands remain over elbow joints during exercise. In a controlled motion, press bar up, extending bar just before elbows lock. Hands should be over the elbow joints. While maintaining the controlled motion, lower to starting position. Do not allow muscles to relax before next repetition.

## **3. DUMBBELL FRONT RAISE**

**Reps:** 3 sets of 12

**Execution:** Stand with knees slightly bent and feet no more than shoulder width apart. Stand in good body alignment (abs tight, chest up, back straight). Hold dumbbells (palms in) in front of legs, with elbows slightly bent. Squeeze together (retract) shoulder blades. In a controlled motion, raise dumbbells up, keeping elbows fixed, until arms are parallel to the floor. While maintaining the controlled motion, return to starting position. Do not allow muscles to relax before next repetition.

#### **4. BARBELL UPRIGHT ROW**

**Reps:** 3 sets of 15

**Execution:** Stand with knees slightly bent and feet no more than shoulder width apart. Keeping back straight, bend slightly forward from the hips. Slightly squeeze together (retract) shoulder blades. Hold bar in front of body. In a controlled motion, lift weight up drawing bar toward shoulders. While maintaining the controlled motion, return to starting position. Do not allow muscles to relax before next repetition.

#### **5. CARDIOVASCULAR- WALKING/JOGGING OUTSIDE**

**Reps:** 3 sets of 15

**Notes:**

Warm up for 5 minutes walking briskly. After 5 minutes, jog until you are to you are fatigued. Walk briskly for 2 minutes to recover. After 2 minutes, continue jogging. Repeat this sequence until you complete 5 minutes.

**Goal:**

Your goal is to build endurance. Eventually you will be able to jog most or the entire 20 minutes non stop. Every workout you should challenge yourself to jog a longer distance. THE MORE YOU JOG THE MORE CALORIES YOU BURN.