

## Welcome Summer With Open Arms

Three Moves Sure To Shape Up Your Shoulders!

Summer is almost here, and that means TANK TOPS! To sculpt your shoulders, do the following routine three to four times a week. Perform 15 to 20 reps of each move, and then repeat the circuit. For best results combine this program with four 20 to 30 minute cardio sessions a week and a healthy diet.



### Shoulder Press

This move is also known as the military press. To isolate your shoulder muscles, hold a dumbbell in each hand at shoulder height. With your palms facing forward, straighten your arms up over your head, gently squeezing your shoulder blades together as you go. Inhale and return to the start.



### Lateral Raise

This move is great for creating separation in the shoulders. Stand with your knees slightly bent, and your feet hip-width apart. Hold a dumbbell in each hand and extend your arms at your sides. Exhale and raise the dumbbells up and out to the side until they reach shoulder height. Inhale and slowly lower down.



### Reverse Fly with Exercise Band

Many of us often neglect the rear part of the shoulder. This exercise is a great way to strengthen the posterior deltoid and add definition. Loop an exercise band through a door handle (or some other secure surface), and grasp an end in each hand. Standing tall with your knees slightly bent, exhale and slowly bring the handles backwards behind your back, keeping your arms parallel to the floor. Inhale, and slowly return to the start.