

workout four
SHOULDERS & CORE

WEEK 1-3

weekly lifestyle planner

M T W T F S S

CARDIO

Personalized Cardio Recommendations

Rest,
reset, get
ready to
attack
next
week!

TRAINING

Glutes,
Hamstrings
& Core

Back, Arms
&
Shoulders

Lower
Body &
Plyo

Rest or
Cardio
day

Shoulders
& Core

Glutes &
Hamstrings

Stretching
or light
yoga is
okay!

workout four

SHOULDERS & CORE

1.

exercise

Shoulder Press

equip.

DB

SETS	REPS	TEMPO
1x W/U 3x W	10	0-1-0-3

notes

- STANCE - SEATED: You can use any regular table chair to sit in, or if you don't have a table-chair to use, sit on the edge of any seat & maintain core control to keep your back from arching. Without a back-rest you may need to use lighter weight to make sure that you are able to maintain a neutral spine by using your core.
- At the top of the movement, make sure you can still see the dumbbells in your peripheral vision, they should be slightly in front of your head, not back behind you.
- Make sure the DB's come down to touch your shoulders each rep for a full range.

2.

exercise

Single Arm Press

equip.

DB

SETS	REPS	TEMPO
3xW	10	0-1-0-3

notes

- STANCE - SEATED
- Perform 10 reps on one side followed by 10 on the other.

3.

exercise

Side Raise

equip.

DB

SETS	REPS	TEMPO
3xW	10	0-1-0-3

notes

- STANCE - STANDING
- With this standing exercise you must keep your knees soft & your core braced so you don't cheat by moving your body.
- Your dumbbells should start resting at your sides. Keep your elbows soft throughout the movement to make sure your muscles are doing all the work.
- Make sure your arms are slightly in front of body at the extension so you don't recruit your traps.
- Lift your arms to shoulder height but no higher & remember that your shoulders should be higher than your hands.

workout four

SHOULDERS & CORE

4.

exercise

Single Arm Side Raise

equip.

DB

SETS	REPS	TEMPO
3x W	10	0-1-0-3

notes

- STANCE – STANDING
- Perform 10 reps on one side followed by 10 on the other.

5.

exercise

Neutral Grip Front Raise

equip.

DB

SETS	REPS	TEMPO
3x W	10	0-1-0-3

notes

- STANCE – STANDING
- You are standing for this exercise with soft knees & a braced core. This will prevent you from “rocking” into the exercise.
- Your dumbbells should come to shoulder height only. Your elbows are to remain soft. You will perform this one arm at a time alternating.
- Rotate your grip so that your palms are facing inward toward each other, & when your dumbbell’s are at your sides your palms will face in toward your body.

6a.

exercise

Dumbbell Upright Row

equip.

DB

SETS	REPS	TEMPO
3xW	10	0-1-0-3

notes

- STANCE – STANDING
- Hold dumbbell’s with an overhand grip (palms facing your body).
- Lead with your elbows as you bring the dumbbell’s up in front of you to mid-upper chest height – make sure your shoulders stay down away from your ears & that you squeeze them down and back throughout.
- You should feel this one through the top of your shoulders – always focus on leading the movement with your elbows.

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SHOULDERS & CORE

6b.

exercise

Dumbbell Rear Delt Fly

equip.

DB

SETS	REPS	TEMPO
3x W	10	0-1-1-3

notes

- STANCE – STANDING.
- Keep your arms in line with shoulders throughout the fly movement (no higher than shoulders) & your elbows soft. This means you must tip from the hip & ensure your arms aren't flying "too high" (I prefer to do this in front of a mirror but facing side on so I can check my alignment in the mirror).
- Think about keeping your arms with the same amount of bend throughout the fly & opening your elbows back (as opposed to opening your hands back).

7a.

exercise

Super Slow Press Ups

equip.

N/A

SETS	REPS	TEMPO
3xW	5	0-5-5-2

notes

- Take your hands wide in an ordinary press up position - your angles should make a right angle at the bottom of the press up.
- **1 Rep** = 5 seconds down, hold for 5 seconds, then 2 seconds up.

7b.

exercise

Controlled Plate Crunch

equip.

DB/KB

SETS	REPS	TEMPO
3xW	10	0-1-2-2

notes

- Lay on your back on the floor & hold a DB/KB above your chest in both hands.
- With straight arms, press the plate up to the ceiling aiming to crunch up high with your torso lifting both shoulder blades off the ground.
- Pause & contract for 2 seconds at the top before releasing slowly.
- The emphasis is on crunching UP, not crunching OVER.