

Daily Workout

SHOULDERS

Step 1: Walk one minute; jog two minutes for 15–20 min. total.

Step 2: Three sets of 10 **shoulder shrugs** - Stand with your legs shoulder-width apart. Holding a weight in each hand, let your arms hang at your sides. Shrug your shoulders, bringing your shoulders toward your ears, then slowly lower.



Shoulder Shrugs

Step 3: Three sets of **side lateral raises** – Stand with your legs shoulder-width apart and lean slightly forward from the hips. Holding a weight in each hand and with a slight bend in the elbows, lift the arms to the sides until parallel with the ground, then slowly lower. Lift with the elbow and not the hand...the hand should not be higher than the rest of the arm throughout this movement.



Side Lateral Raises

Step 4: Two sets of 10 **single-arm upright rows** - Stand with your legs shoulder-width apart, holding a weight in one hand in front of your body with an overhand grip. Raise your elbow up and to the side using your shoulder muscles to raise the weight up towards your chin. Slowly lower the weight to the starting position. Repeat with the other arm.

Step 5: Light stretching.



Single-Arm Upright Rows