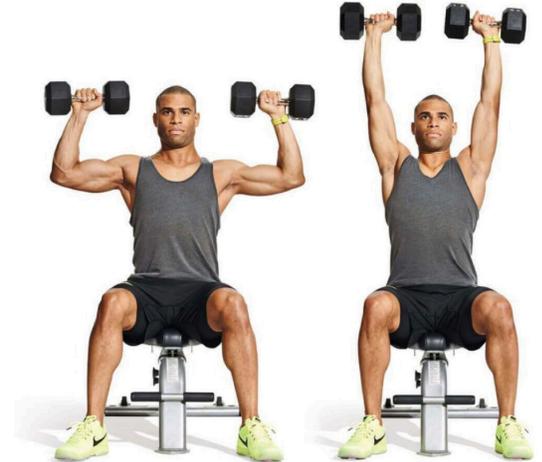


Daily Workout

SHOULDERS

Step 1: Jump rope for two minutes or lightly hop/ jog in place.

Step 2: Two sets of 10 **shoulder press** - Sit down, and hold the dumbbell or equal weight objects by your shoulders with your palms facing forwards and your elbows out to the sides and bent at a 90° angle. Keeping your abs tight throughout the exercise without arching your back, extend through your elbows to press the weights above your head. Slowly return to the starting position.



Shoulder Press

Step 3: Two sets of 10 **bent-over dumbbell lateral raises** - This shoulder exercise targets your middle deltoids. You can perform it in either a standing (bent-over) or seated position. Start with a dumbbell or weighted object in each hand, and keep your chest up, your back flat, your knees slightly bent, and your eyes focused toward a fixed point on the floor. Bend over until your core is basically parallel with the ground, and let the dumbbells hang directly beneath you. Raise both dumbbells up and out to your sides, forming an arc until your upper arms are even with your torso. Take a brief pause at the top before lowering the dumbbells back to the starting position.



Bent-Over Dumbbell Lateral Raises

Step 4: Two sets of 10 **upright rows** - Standing with your feet shoulder width apart, hold a dumbbell or weighted object with each hand. Place the weights in front of you with your palms facing your thighs. Lift the elbows up to your sides, pulling the weight up to the front of your chest. Keep your elbows higher than your hands. Resist as you lower the weight.



Upright Rows

Step 5: Light stretching.