

Candice Keene's

SHOULDER ON WORKOUT

This is one of Candice's all-time favorite shoulder workouts. "It works all the shoulder muscles effectively. I like doing this workout every few weeks to change it up. Because these particular movements are a little different than traditional ones, it shocks the body a bit and it keeps it fun!" she said.

WARM-UP: Big arm circles and arms swings front to back at chest level. Simultaneously, do arm circles in one direction for 10, then the other direction for 10. Do 2 sets.

EXERCISE	SETS	REPS
DUMBBELL MILITARY PRESS	1 WARM-UP 3-4 WORKING	20 10-12
DUMBBELL UPRIGHT ROW	3	10-12
REVERSE-GRIP BARBELL PRESS	3	10-12
COMBINATION MOVE: PRONE INCLINE BENCH DUMBBELL RAISE RIGHT INTO PRONE INCLINE BENCH REAR LATERAL RAISE	3	15
STAGGERED STANCE CABLE LEANING LATERAL RAISE	4 INCREASING WEIGHT EACH SET	15/10/12/8
REAR DELT REVERSE CABLE FLY	3	12-15
CABLE ROPE HIGH PULLS (STANDING)	3-4	10-12
STEP-UPS WITH HANDS COUNT TO 20-30, DEPENDING HOW SOON SHOULDERS FATIGUE (MAKING 10-15 PER SIDE), 3 SETS		
FOREARMS TO HANDS ON BOSU BALL COUNT TO 20-30, DEPENDING HOW SOON SHOULDERS FATIGUE (MAKING 10-15 PER SIDE), 3 SETS		