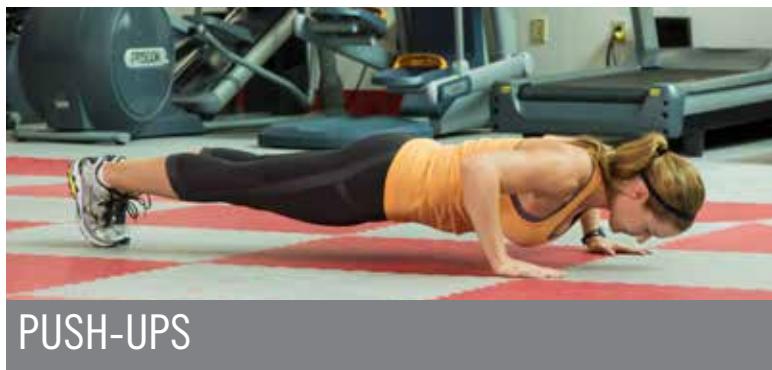
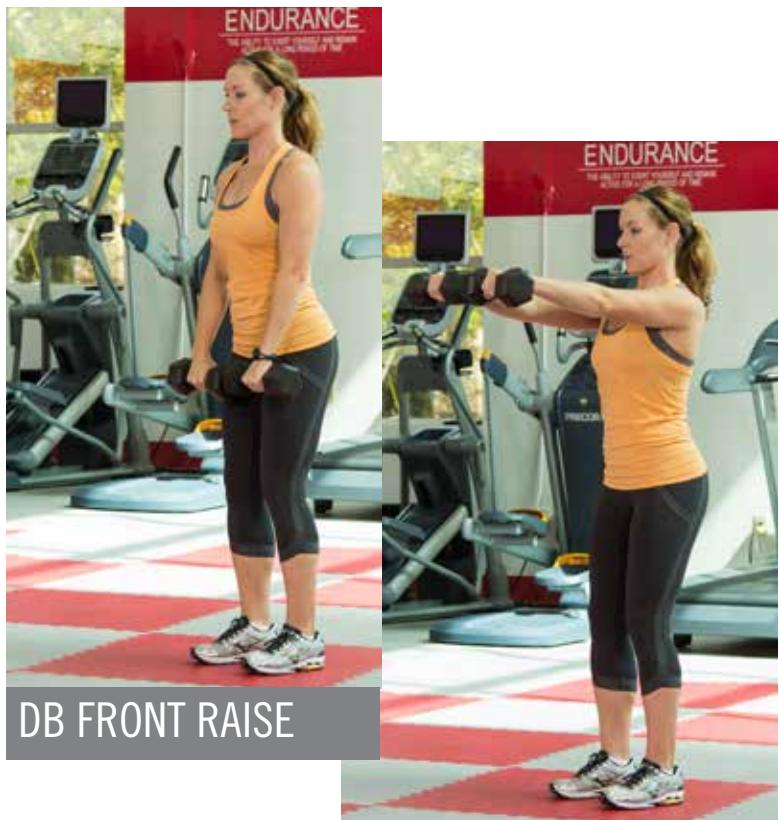


SHOULDER EXERCISES

To determine which exercises are most beneficial for activating shoulder muscles, researchers compiled a list of the 10 exercises most often performed by both recreational lifters and athletes and most commonly prescribed by trainers.

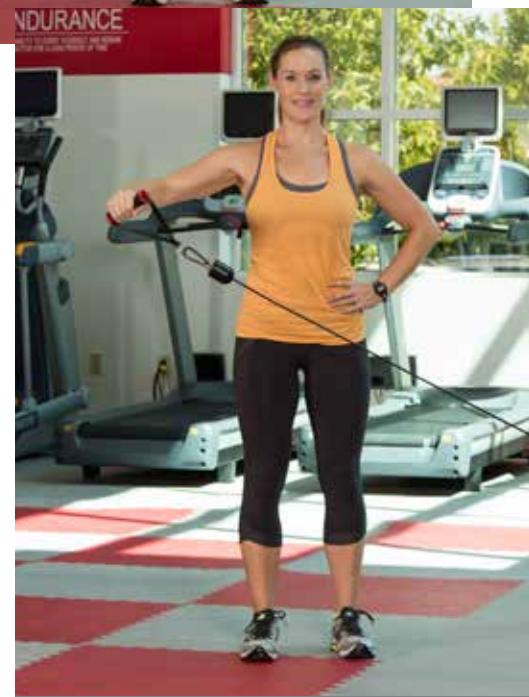




DB SHOULDER PRESS



BB UPRIGHT ROW

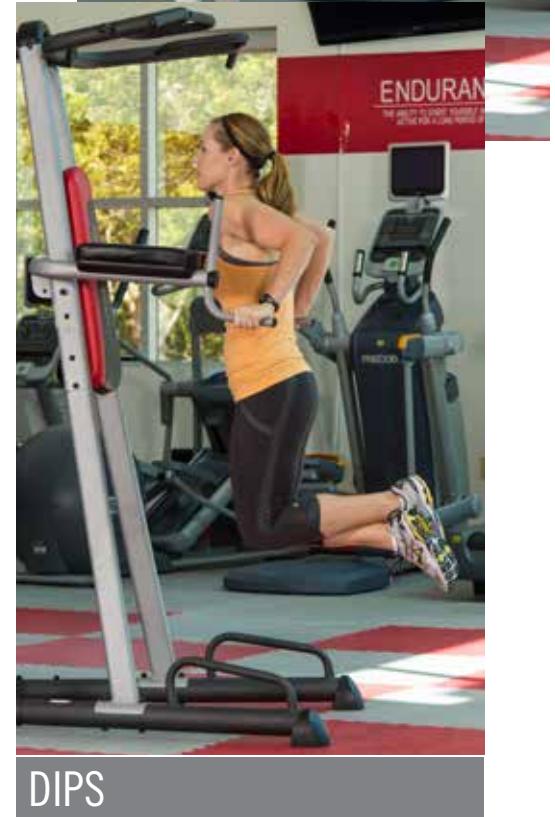


CABLE DIAGONAL RAISE





45 DEGREE INCLINE ROW



DIPS

SEATED REAR LATERAL RAISE