

Grab & Go Workouts

Presented by the Fitness Centers

A Dig Deep Fitness shoulder annihilation by Jay Forman



Name of Workout:	Diggin For Boulder Shoulders
Primary Target Area:	Shoulders
Approximate Time:	45-60 minutes
Skill Level:	Advanced

Warm-up: 5 minutes on the bike at a comfortable pace, 3 sets of 8-12 reps of shoulder rotations with light dumbbells

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Superset: Dumbbell side lateral raises/ Overhead dumbbell shoulder press	9	50, 40, 30, 20, 10, 20, 30, 40 , 50	60-90 seconds	Superset the two exercises together Your first set will be 50 reps lateral raises immediately followed by 50 reps shoulder press. Set two will be 40 and 40, and so on
Giant set: Front plate raises Upright barbell rows Arnold press Bent over rear plate flys	3	15 reps per exercise	60 seconds	Perform 15 reps of all 4 exercises one after the other, then rest 1 minute before repeating the cycle two more times
Shoulder Shrugs	3	15	45-60 seconds	Hold shrug for 1 second at peak of contraction

Cool Down: 5 minutes on the bike at a comfortable pace

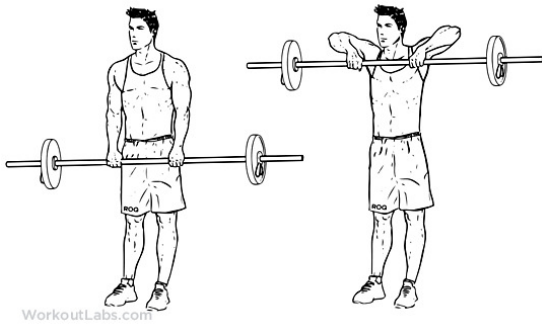
Additional Notes: High volume exercises can be taxing! If you become too fatigued during a set to perform another rep, take a couple seconds to rest and regenerate power and continue your set.



Questions or Comments? Please e-mail fitness@oswego.edu

Sample Diagrams

Upright Row



Front Plate Raise



Arnold Press

