

Shoulder Exercises

Dr. John G. Schoenenberger

Do 3-4 sets with 10- 20 reps depending on the amount of weight being used.

[Front Raise](#)



[External Rotation](#)



[Overhead Press with Dumbbells](#)



[Lateral Raise](#)



[Internal Rotation](#)



[Arnold Press](#)



[Rear Lateral Raise](#)



[Upright Rows](#)



These exercises can be performed on a Bosu-ball as well.

Rhomboid Exercises

Laying face down on an incline bench- using dumbbells, keep you elbow slightly bent then bring your elbows back squeezing your should blades together. This is not a pulling motion with your arms keep them bent but locked and bring your arm/ shoulder back for the squeeze.

You can also perform this on a cable seated row just keep your arm slightly bent and bring your shoulders back and squeeze your blades together.

Shrugs

Bar or dumbbell lift your shoulders towards the ceiling; don't roll your shoulder as the function of the trapezius is shoulder elevation. .